



Hawai'i Foodbank, Inc.

Food Assistance Handout (O'ahu)

Updated 07/27/2026 @ 12:00 p.m.

This list changes frequently, so please refer to our website for the most up-to-date information: <https://hawaiifoodbank.org/get-help/find-food/>

Hawai'i Foodbank stores mass quantities of food in our warehouses so that it can be distributed through our non-profit and community agency partners. Please see below for a list of organizations that are able to help you through this difficult time. **All distribution dates/times are subject to change. While Supplies Last.** For access to additional services, please call Aloha United Way at **2-1-1**.

"Additional Programs" column listed on the Emergency Food Assistance Handout identifies other services and resources offered at that specific agency partner location.

When visiting a participating **The Emergency Food Assistance Program (TEFAP)** or **Temporary Assistance for Needy Families (TANF)** agency partner, you will be screened for eligibility based on household size and income. **TEFAP** and **TANF** have separate eligibility requirements. Income is self-declared, and no documentation is required. Individuals who do not meet the eligibility requirements may still receive non-governmental foods, which are available to all.



Neighbor Connector is a secure online intake tool and database developed by Feeding America, the national network of food banks. Please note that enrollment in Neighbor Connector does not exclude any neighbor from receiving food assistance. Food remains accessible to all. Please visit www.hawaiifoodbank.org/connector/ for more information.

SNAP Assistance – The Supplemental Nutrition Assistance Program (SNAP) provides monthly financial benefits to eligible individuals and families to help purchase groceries and nutritious food. Hawai'i Foodbank can assist with SNAP pre-screening and rec-ertification support to help determine eligibility and guide you through the application or renewal process. Please visit www.hawaiifoodbank.org/get-help/snap or call **808-954-7893** for more information.

Food Pantry

Zip Code (Area)	Distribution Site Name	Distribution Address	Contact	Days of Operation	Hours of Operation	Additional Programs
96701 (Central Oahu)	Aiea 7th Day Adventist Church	99-005 Moanalua Rd. Aiea, HI 96701	(808) 488-9855	Saturdays or by appt	8:00am - 9:00am or call to schedule appt	TEFAP
96701 (Central Oahu)	St. Elizabeth Catholic Church	99-312 Moanalua Rd. Aiea, HI 96701	(808) 487-2414	Thursdays	4:30pm - 6:00pm	
96701 (Central Oahu)	St. Timothy's Episcopal Church	98-939 Moanalua Rd. Aiea, HI 96701	(808) 488-5747	Tuesdays	4:30pm - 6:30pm Starting Sept. time will change 4:30 pm - 6:00 pm	TEFAP
96706 (Central Oahu)	Hawaiian Humane Society Pet Food Only.	91-1945 Fort Weaver Rd. Ewa Beach, HI 96706	(808) 356-2222	Sundays & Wednesdays	10:00am - 1:00pm	
96706 (Central Oahu)	Immaculate Conception Church	91-1298 Renton Rd. Ewa Beach, HI 96706	(808) 681-3701	Fridays (Except 1st Friday is 'Ohana Produce Plus w/ Different Hours)	4:00pm - 6:00pm	TEFAP Neighbor Connector
96706 (Central Oahu)	Our Lady of Perpetual Help	91-1004 North Rd. Ewa Beach, HI 96706	(808) 689-8681	Last Saturday	9:00am - 11:00am	TEFAP Neighbor Connector
96707 (Central Oahu)	Kapolei Samoa - Tonga SDA Church	91-1037 Lexington St. Kapolei, HI 96707	(808) 590-1846	Saturdays	2:00-4:00 pm	TEFAP
96707 (Central Oahu)	St. Jude Catholic Church	92-455 Makakilo Dr. Kapolei, HI 96707	(808) 672-8669	Tuesdays	New clients: 1:00pm Distribution: 1:30 - 3:30 pm **While Supplies Last**	TEFAP TANF Neighbor Connector
96712 (North Shore)	St. Michael Parish Outreach	67-340 Haona St. Waialua, HI 96791	(808) 637-4040	2nd & 4th Mondays or by appt	8:30am - 10:30am or call to schedule appt	TEFAP Neighbor Connector

Zip Code (Area)	Distribution Site Name	Distribution Address	Contact	Days of Operation	Hours of Operation	Additional Programs
96712 (North Shore)	Private Sector Hawaii By Appt Only.	Haleiwa, HI 96712	(808) 638-9627	Monday Delivery by appt only	1:00pm - 5:00pm Call to schedule appt	TEFAP
96712 (North Shore)	Sunset Beach Christian Church	59-578 Kamehameha Hwy. Haleiwa, HI 96712	(808) 638-0019	Tuesdays	12:00pm - 1:30pm	TEFAP Neighbor Connector
96717 (Windward Coast)	Hui O Hau'ula	54-010 Kukuna Rd. Hauula, HI 96717		Monday, Wednesday, Friday (1st Monday closed)	9:00am - 12:00pm	TEFAP TANF Neighbor Connector
96734 (Windward Coast)	Armed Services YMCA (Marine Corps Base Hawaii) Military access required.	455 Bingham Way Kailua, HI 96734	(808) 254-4719	Monday - Friday	8:00am - 3:00pm (Base access required)	TEFAP
96734 (Windward Coast)	Residential Youth Services and Empowerment (RYSE)	42-470 Kalaniana'ole Hwy. Bldg 6 Kailua, HI 96734	(808) 498-5180	7 days a week	8:00am - 8:00pm	TEFAP Neighbor Connector
96734 (Windward Coast)	Central Union Church Windward	38 Kaneohe Bay Dr. Kailua, HI 96734		Wednesdays	9:00am - 10:00am	TEFAP
96734 (Windward Coast)	St. Anthony's Outreach	114 Makawao St. Kailua, HI 96734	(808) 266-2227	Tuesdays & Thursdays	9:00am - 12:00pm	TEFAP
96744 (Windward Coast)	First Assembly of God Windward	47-323 Ahuimanu Rd. Kaneohe, HI 96744		Sundays	9:30am - 12:30pm	TEFAP
96744 (Windward Coast)	Our Lady of Mount Carmel Church	48-422 Kamehameha Hwy. Kaneohe, HI 96744	(808) 239-9269	Wednesdays	10:00am - 12:00pm	TEFAP Neighbor Connector
96744 (Windward Coast)	The Salvation Army Kaneohe	45-175 Waikalua Rd. Kaneohe, HI 96744	(808) 235-1408	Tuesdays	9:00am - 12:00pm	TEFAP
96744 (Windward Coast)	Giving Hope Hawaii By Appt Only.	46-158 Kahuhipa St. Kaneohe, HI 96744	(808) 620-2537	Monday - Friday by appt only	Call or schedule appt online: www.givinghopehawaii.org/food-assistance	TEFAP TANF
96744 (Windward Coast)	KEY Project	47-200 Waihee Rd. Kaneohe, HI 96744	(808) 239-5777	Monday - Friday	8:00am - 4:00pm	TEFAP Neighbor Connector
96744 (Windward Coast)	St. Ann's Church By Appt Only.	46-129 Haiku Rd. Kaneohe, HI 96744	(808) 247-3092 ext. 123	Monday - Friday by appt only	1:00 pm Call to schedule appt	Neighbor Connector
96744 (Windward Coast)	St. Mark Lutheran Church	45-725 Kamehameha Hwy. Kaneohe, HI 96744	(808) 247-4565	Saturdays	8:00am - 10:00am	TEFAP Neighbor Connector
96786 (Central Oahu)	First Assembly of God Wahiawa	300 Wilikina Dr. Wahiawa, HI 96786	(808) 836-2300	Sundays	12:00pm - 12:30pm	TEFAP TANF
96786 (Central Oahu)	Our Lady of Sorrows	1403 California Ave. Wahiawa, HI 96786	(808) 621-5109	Last Saturday	9:00am - 11:00am	TEFAP TANF
96786 (Central Oahu)	Wahiawa 7th Day Adventist Church	1313 California Ave. Wahiawa, HI 96786	(808) 622-3440	Last Sunday	9:00am - 11:00am	TEFAP
96786 (Central Oahu)	Armed Services YMCA (Schofield Barracks/Wheeler) Military access required.	1262 Santos Dumont Ave. Bldg. 122 Wahiawa, 96786	(808) 624-5645	Monday - Friday	8:00am - 3:00pm (Base access required)	TEFAP
96786 (Central Oahu)	New Life Body of Christ Christian Church	74 S. Kamehameha Hwy. Wahiawa, HI 96786	(808) 622-6650	Tuesdays & Thursdays	9:00am - 12:00pm	TEFAP Neighbor Connector
96786 (Central Oahu)	Surfing the Nations	64 Ohai St. Wahiawa, HI 96786		Thursday, Friday, Saturday	1:00pm - 4:30pm	TEFAP Neighbor Connector
96789 (Central Oahu)	Voice of God Ministries By Appt Only.	233 Akamainui St. Mililani, HI 96789	(808) 622-2635	Thursdays	11:00am - 1:00 pm Call to schedule appt	TEFAP TANF
96792 (Leeward Coast)	Waianae Baptist Church	85-131 Ala Hema St. Waianae, HI 96792	(808) 696-4374	Wednesdays	9:00am - 12:00pm	TEFAP TANF

Zip Code (Area)	Distribution Site Name	Distribution Address	Contact	Days of Operation	Hours of Operation	Additional Programs
96792 (Leeward Coast)	'Elepaio Social Services For Kūpuna Only: Must be age 60+	Learning Center @ Maili 87-790 Kulauka St. Waianae, HI 96792	(808) 697-3526	Mondays	10:00am - 12:00pm	TEFAP TANF
96792 (Leeward Coast)	'Elepaio Social Services For Kūpuna Only: Must be age 60+	Waianae Elementary 85-220 McArthur St. Waianae, HI 96792	(808) 697-3526	Wednesdays	10:00am - 12:00pm	TEFAP TANF
96792 (Leeward Coast)	'Elepaio Social Services For Kūpuna Only: Must be age 60+	Hoa Aina O Makaha 87-766 Lahaina St. Waianae, HI 96792	(808) 697-3526	Thursdays	10:00am - 12:00pm	TEFAP TANF
96792 (Leeward Coast)	'Elepaio Social Services For Kūpuna Only: Must be age 60+	QLT Nanakuli 87-1876 Farrington Hwy. Waianae, HI 96792	(808) 697-3526	Fridays	10:00am - 12:00pm	TEFAP TANF
96792 (Leeward Coast)	Ka Hana O Ke Akua UCC By Appt Only.	86-311 Luualalei Homestead Rd. Waianae, HI 96792	(808) 696-5652	Monday - Wednesday by appt only	9:00am - 2:00pm Call to schedule appt	TEFAP
96792 (Leeward Coast)	Nanaikapono Protestant Church	89-235 Pua Ave. Waianae, HI 96792	(808) 668-1184	3rd Monday or by appt	8:00am - 10:00am or call to schedule appt	TEFAP
96792 (Leeward Coast)	Paradise Chapel	87-125 Maipalaoa Rd. Waianae, HI 96792	(808) 668-1588	Wednesdays	7:00am - 9:00am	TEFAP
96792 (Leeward Coast)	St. Rita's Church	89-318 Farrington Hwy. Waianae, HI 96792	(808) 668-7833	Wednesdays	9:30am - 11:30am "Whiles supplies last"	TEFAP
96792 (Leeward Coast)	Waianae Wags Pet Food Only. By Appt Only.	85-786 Farrington Hwy. Waianae HI 96792	(808) 754-7187	By appt only	10:00am - 12:00pm Call to schedule appt	
96797 (Central Oahu)	City of Refuge Church	94-897 Waipahu St. Waipahu, HI 96797	(808) 677-5677	1st & 3rd Friday Closed until further notice	3:00pm - 5:00 pm	TEFAP Neighbor Connector
96797 (Central Oahu)	Brethren of Christ International	94-133 Pahu St. Waipahu HI 96797	(808) 676-4673	Sundays by appt appts can be scheduled by calling Monday - Friday between 8:00 am - 12:00 pm	4:30pm - 5:30pm or call to schedule appt	TEFAP
96797 (Central Oahu)	Calvary Chapel Pearl Harbor	94-1044 Waipio Uka St. Waipahu, HI 96797	(808) 372-6753 (808) 295-1669	1st Saturday	8:00am - 10:00am	TEFAP
96797 (Central Oahu)	Inspire Church By Appt Only.	94-877 Lumiaina St. Bldg 12 Waipahu, HI 96797	(808) 677-8844	Thursday, Saturday, Sunday by appt only	Thursday: 9:30am - 4:30pm Saturday: 4:45pm - 6:15pm Sunday: 8:00am - 1:15pm Call to schedule appt	TEFAP
96797 (Central Oahu)	Jesus Reigns Ministries	94-325 Mokuola St. Waipahu, HI 96797	(808) 358-5889	1st Saturday or by appt	9:00am - 11:00am or call to schedule appt	TEFAP Neighbor Connector
96797 (Central Oahu)	New Hope Kapolei Ministry Center	94-199 Leonui St. Waipahu, HI 96797	(808) 680-9669	3rd Saturday or by appt Tuesday - Saturday	8:00am - 10:00am or call to schedule appt	TEFAP Neighbor Connector
96797 (Central Oahu)	St. Joseph Church	94-675 Farrington Hwy. Waipahu, HI 96797	(808) 676-3493	2nd Tuesday or by appt	2:30pm - 5:00pm or call to schedule appt	TEFAP
96797 (Central Oahu)	Waipahu Seventh-Day Adventist	94-902 Awanei St. Waipahu, HI 96797		3rd Saturday	2:00 p.m. - 4:00 p.m.	TEFAP
96813 (Honolulu)	Church of God Prophecy @ Stevenson Rec Center	1202 Prospect St. Honolulu, HI 96813	(808) 741-0745	2nd Sunday & 3rd Saturday	10:00am **While Supplies Last**	TEFAP Neighbor Connector

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96813 (Honolulu)	Honolulu Fil-am S.D.A Church	2232 Kanealii Ave. Honolulu, HI 96813	(808) 384-5850	1st & 3rd Sunday or by appt	9:00am - 1:00pm or call to schedule appt	TEFAP TANF
96814 (Honolulu)	First United Methodist Church	1020 S. Beretania St. Honolulu, HI 96814	(808) 522-9555	Mondays & 1st Saturday	2:00pm - 4:00pm	TEFAP Neighbor Connector
96814 (Honolulu)	Full Gospel of Oahu	1680 Kapiolani Blvd. Honolulu, HI 96814	(808) 942-0854	Sundays	8:30am - 1:00pm	TEFAP
96816 (East Honolulu)	Kapiolani Community College - Pohukaina Food Pantry Online registration only.	4303 Diamond Head Rd. `iliahia 231 Honolulu, HI 96816 (Parking in lower Lot B.)		Thursdays	2:00pm - 5:00pm Visit go.hawaii.edu/3Ss to register online	Neighbor Connector
96816 (East Honolulu)	Waikiki Community Center	310 Paoakalani Ave. Honolulu, HI 96816	(808) 923-1802	Tuesdays	1:00pm - 2:00pm	TEFAP SNAP Assistance
96817 (Honolulu)	Cedar Assembly of God	620 Waipa Ln. Honolulu, HI 96817	(808) 379-0257	2nd & 3rd Tuesdays	8:00am - 9:00am	TEFAP
96817 (Honolulu)	Co-Cathedral of St. Theresa	712 N School St. Honolulu, HI 96817	(808) 521-1700	Monday - Friday (Last Friday Different Hours)	8:00am - 12:00pm & 2:00pm - 4:00pm (Monday - Friday) 3:00pm - 5:00pm (Last Friday)	TEFAP
96817 (Honolulu)	Kaumakapili Church	766 N King St. Honolulu, HI 96817	(808) 845-0908	Wednesdays	9:00am - 11:00am	TEFAP
96817 (Honolulu)	St. Elizabeth's Episcopal Church	720 North King St. Honolulu, HI 96817		Monday - Friday Saturday Temporarily Closed	8:00am - 12:00pm 8:00am Temporarily Closed	TEFAP TANF
96817 (Honolulu)	Su Gran Alabanza	701 N King St. Honolulu, HI 96817	(808) 843-8082	1st & 3rd Wednesdays	10:30am - 12:00pm	
96817 (Honolulu)	Grace & Favor Church	702 Puuhale Rd. Honolulu, HI 96819	(808) 200-1177	Wednesdays Temporarily Closed	10:00am - 12:00pm Temporarily Closed	TEFAP Neighbor Connector
96817 (Honolulu)	Palama Settlement	810 N. Vineyard Blvd. Honolulu, HI 96817	(808) 848-2529	Monday, Tuesday, Thursday, Friday by appt only	9:00am - 2:00pm Call to schedule appt	TEFAP TANF
96817 (Honolulu)	River of Life Mission	101 N. Pauahi St. Honolulu, HI 96817		2nd & 4th Friday	10:30am - 3:00pm	TEFAP
96817 (Honolulu)	The Salvation Army Family Services Office	296 N Vineyard Blvd. Honolulu, HI 96817	(808) 521-6551	Mondays & Wednesdays	12:30pm - 2:30pm	TEFAP
96818 (Honolulu)	Church of Christ at Pearl Harbor	515 Main St. Honolulu, 96818	(808) 292-0656	3rd Saturday or by appt	9:00am - 10:30am or call to schedule appt	TEFAP TANF
96819 (Honolulu)	Parents And Children Together- KPT Family Center	1485 Linapuni St. Suite 103 Honolulu, HI 96819	(808) 841-6177	Monday, Wednesday, Friday	8:30am - 4:00pm	
96819 (Honolulu)	The Pantry by Feeding Hawaii Together By Appt Only.	2522 Rose St. Honolulu, HI 96819	(808) 888-0778		Visit thepantry.org to schedule appt	TEFAP TANF
96819 (Honolulu)	First Assembly of God Red Hill	3400 Moanalua Rd. Honolulu, HI 96819	(808) 836-2300	Tuesday - Friday by appt only	9:00am - 5:00pm Call to schedule appt	TEFAP
96819 (Honolulu)	New Hope International Ministries @ Pacific Rim Christian University	2223 Hoonee Pl. Honolulu, HI 96819	(808) 842-4242 ext. 327	3rd Saturday or by appt	8:00am - 10:00am or call to schedule appt	TEFAP Neighbor Connector
96819 (Honolulu)	Susannah Wesley Community Center	1117 Kaili St. Honolulu, HI 96819	(808) 847-1535	Tuesdays & Thursdays	12:00pm - 2:00pm	TEFAP TANF Neighbor Connector
96821 (East Honolulu)	Angel Network Charities	5339 Kalaniana'ole Hwy. Honolulu, HI 96821	(808) 377-1841	2nd, 4th, 5th Fridays Closed until 7/30	10:00am - 12:00pm	TEFAP

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96822 (Honolulu)	St. Pius X Parish	2821 Lowrey Ave. Honolulu, HI 96822	(808) 988-3308	Tuesdays & Fridays	10:00am - 11:30am	TEFAP TANF
96822 (Honolulu)	The Parish of St. Clement	1515 Wilder Ave. Honolulu, HI 96822		Wednesdays	10:00am - 12:00pm	TEFAP
96826 (Honolulu)	Hawaiian Humane Society Pet Food Only.	2700 Waialae Ave. Honolulu, HI 96826	(808) 356-2222	Tuesdays & Fridays	10:00am - 1:00pm	
96826 (Honolulu)	Grace Bible Church	901 Hausten St. Honolulu HI 96826	(808)343-7606	2nd & 4th Saturdays	10:00am - 12:00pm	TEFAP Neighbor Connector
96826 (Honolulu)	Olivet Baptist Church	1775 S Beretania St. Honolulu, HI 96826	(808) 946-6505 (808) 306-6611	Last Saturday or by appt	9:00am - 11:00am or call to schedule appt	TEFAP
96853 (Central Oahu)	Armed Services YMCA (Joint Base Pearl Harbor Hickam) Military access required.	100 McChord St. Joint Base Pearl Harbor- Hickam, 96853	808-448-1972	Monday - Friday	8:00am - 3:00pm (Base access required)	TEFAP

Prepared Meals - Soup Kitchens

Zip Code (Area)	Distribution Site Name	Distribution Address	Contact	Days of Operation	Hours of Operation	TEFAP?
96701 (Central Oahu)	St. Elizabeth Catholic Church	99-312 Moanalua Rd. Aiea, HI 96701	(808) 487-2414	Thursdays	5:00pm - 6:00pm	No
96701 (Central Oahu)	St. Timothy's Episcopal Church	98-939 Moanalua Rd. Aiea, HI 96701	(808) 488-5747	2nd & 4th Tuesday	4:30pm - 6:00pm	Yes
96797 (Central Oahu)	Brethren of Christ International	94-133 Pahu St. Waipahu HI 96797	(808) 676-4673	Sundays	4:30pm - 5:30pm	Yes
96814 (Honolulu)	First United Methodist Church	1020 S. Beretania St. Honolulu, HI 96814	(808) 522-9555	Sundays	8:30am - 9:30am	Yes
96817 (Honolulu)	Cedar Assembly of God	620 Waipa Ln. Honolulu, HI 96817	(808) 379-0257	Tuesdays	8:00am - 9:00am	Yes
96817 (Honolulu)	Institute for Human Services	350 Sumner St. Honolulu, HI 96817	(808) 447-2800	7 days a week	12:00pm - 1:00pm	Yes
96817 (Honolulu)	St. Elizabeth's Episcopal Church	720 N King St. Honolulu, HI 96817		Saturdays Temporarily Closed	7:00am - 8:00am Temporarily Closed	Yes
96817 (Honolulu)	River of Life Mission	101 N Pauahi St. Honolulu, HI 96817		Monday - Friday	Breakfast 8:00am - 10:30am Lunch 12:30pm - 2:30pm Dinner 7:00pm - 8:00pm	Yes
96817 (Honolulu)	The Salvation Army Camp Homelani @ Kauluwela Corps	296 N Vineyard Blvd. Honolulu, HI 96817		Sundays	7:30pm CLOSED June - August	Yes
96819 (Honolulu)	First Assembly of God Red Hill	3400 Moanalua Rd. Honolulu, HI 96819		Sundays	10:00am - 10:30am 12:00pm - 12:30pm	Yes

Mass Distributions - 'Ohana Produce Plus Program

All distribution dates/times are subject to change. While Supplies Last.

Please remember to bring your own bags. Carts are especially helpful when you attend the 'Ohana Produce Plus Program Distributions.

Zip Code (Area)	Distribution Site Name	Distribution Address	Contact	Additional Programs	Distribution Start Time	Days of Operation (See right columns for exact dates)	Jul 2026	Aug 2026	Sept 2026
96701 (Central Oahu)	Community People Ministries @ Aiea High School (Drive Thru & Walk Up)	98-1276 Ulune St. Aiea, HI 96701		TEFAP Neighbor Connector	9:30am	3rd Saturday	(18 - Cancelled)	15	19
96701 (Central Oahu)	Life Christian Church Online registration only. (Drive Thru & Walk Up)	Various school locations, please see online registration for information.	(808) 201-4482 Registration: www.lifechristianhawaii.org/events		See Registration	1st Saturday	None	None	TBD
96701 (Central Oahu)	Pearlside Church Online registration only. (Drive Thru & Walk Up)	98-751 Kuahao Pl. Aiea, HI 96701	(808) 484-0061 Registration opens Monday prior: www.pearlside.org/cares		10:30am	1st Saturday	11	1	5
96706 (Leeward Coast)	Community People Ministries @ Ewa Puuloa District Park (Drive Thru & Walk Up)	91-995 Kaimele Pl. Ewa Beach, HI 96706		TEFAP Neighbor Connector	Sign-In: 9:30am Distribution: 10:30am	Last Tuesday	28	25	29
96706 (Leeward Coast)	Boys & Girls Club Ewa Beach (Drive Thru & Walk Up)	91-884 Fort Weaver Rd. Ewa Beach, HI 96706	(808) 689-4182	Neighbor Connector	1:00pm-3:00pm	4th Friday Every other month	None	28	25
96706 (Leeward Coast)	Message of Peace @Asing Community Park (Drive Thru & Walk Up)	91-1450 Renton Rd. Ewa Beach, HI 96706		TEFAP	7:00am	3rd Saturday	18	15	19
96706 (Leeward Coast)	Immaculate Conception Church (Walk Up)	91-1298 Renton Rd. Ewa Beach, HI 96706	(808) 681-3701	TEFAP Neighbor Connector	3:00pm	1st Friday	None	7	4
96707 (Leeward Coast)	Armed Services YMCA @ Daniel K Akaka VA Clinic	91-1051 Franklin D Roosevelt Ave. Kapolei, HI 96707	(808) 254-4719	TEFAP	10:00am	2nd Friday	10	14	11
96707 (Leeward Coast)	The Radical Hale @ Kapolei High School (Drive Thru & Walk Up)	91-5007 Kapolei Pkwy. Kapolei, HI 96707		TEFAP	7:00am	2nd Saturday	11	8	12
96712 (North Shore)	Once A Month Church @ Kaiaka Bay Beach Park (Drive Thru & Walk Up)	66-449 Haleiwa Rd. Haleiwa, HI 96712	(808) 780-8037	TEFAP Neighbor Connector	12:00pm	3rd Wednesday	15	19	16
96717 (Windward Coast)	Ho 'Ala 'Aina Kupono (Drive Thru)	52-260 Kahana Valley Rd. Hauula, HI 96717		TEFAP	9:00-11:00am	1st Saturday	11	1	5
96717 (Windward Coast)	Hui O Hauula @Hauula Beach Park (Drive Thru & Walk Up)	54-135 Kamehameha Hwy. Hauula, HI 96717		TEFAP Neighbor Connector	10:00am	1st Monday	6	3	14
96731 (North Shore)	Key Project @ Kahuku Community Association (Walk Up)	56-576 Kamehameha Hwy. Kahuku, HI 96731	(808) 239-5777	TEFAP Neighbor Connector	12:00pm	3rd Thursday	16	20	17
96731 (North Shore)	Hope Chapel Kahuku @ Kahuku Medical Center - Trailers (Drive Thru & Walk Up)	56-117 Pualalea St. Kahuku, HI 96731			2:30pm	4th Monday	27	24	28
96734 (Windward Coast)	Armed Services YMCA MCBH @ MCBH Chapel Military access required. (Walk Up)	2702 Cushman Ave. Kailua, HI 96734	(808) 254-4719 Registration: hawaii.asymca.org/ events	TEFAP	12:00pm (Base access required)	2nd Monday	13	10	14

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96744 (Windward Coast)	Key Project (Walk Up)	47-200 Waihee Rd. Kaneohe, HI 96744	(808) 239-5777	TEFAP Neighbor Connector	1:00pm	1st Tuesday	7	4	1
96782 (Central Oahu)	Calvary Chapel Pearl Harbor @ Manana Community Park (Drive Thru & Walk Up)	1310 Waimano Home Rd. Pearl City, HI 96782		TEFAP	7:00am	Last Saturday	25	29	26
96782 (Central Oahu)	Leeward Community Church Online registration only. (Drive Thru & Walk Up)	1860 Komo Mai Dr. Pearl City, HI 96782	(808) 456-1340 Registration opens Monday prior: komomaics.org/food		See Registration	2nd Saturday	11	8	12
96786 (Central Oahu)	St. Stephen Episcopal Church @ Wahiawa United Methodist Church (Drive Thru & Walk Up)	1445 California Ave. Wahiawa, HI 96786		TEFAP	10:00am	2nd & 4th Wednesday	8, 22	12, 26	9, 23
96786 (Central Oahu)	First Assembly of God Wahiawa (Walk Up)	300 Wilikina Dr. Wahiawa, HI 96786	(808) 836-2300	TEFAP	7:00am	4th Saturday	25	15	26
96786 (Central Oahu)	St. Stephen Episcopal Church @ Whitmore Community Center (Drive Thru & Walk Up)	1259 Whitmore Ave. Wahiawa, HI 96786		TEFAP	10:00am	3rd Monday	20	17	21
96786 (Central Oahu)	Surfing the Nations (Walk Up)	64 Ohai St. Wahiawa, HI 96786		TEFAP Neighbor Connector	Sign-In: 11:00am - 12:00pm Distribution: 1:00pm	Thursdays	2, 9, 16, 23, 30	6, 13, 20, 27	3, 10, 17, 24
96792 (Leeward Coast)	Community People Ministries @ Pokai Bay Beach Park (Drive Thru & Walk Up)	960 Bayview St. #85 Waianae, HI 96792		TEFAP Neighbor Connector	Sign-In: 10:30am Distribution: 11:30am	1st Friday	10	7	4
96792 (Leeward Coast)	Leeward Community Church @ Chinese Christian Alliance Church (Drive Thru & Walk Up)	87-1624 Farrington Hwy. Waianae, HI 96792	(808) 456-1340		9:30am	3rd Saturday	18	15	19
96792 (Leeward Coast)	Nanaikapono Protestant Church (Walk Up)	89-235 Pua Ave. Waianae, HI 96792	(808) 668-1184	TEFAP	Sign-In: 7:45am Distribution: 9:00am	4th Saturday	25	None	26
96792 (Leeward Coast)	City of Joy Assembly of God (Walk Up)	87-2070 Farrington Hwy. Waianae, HI 96792	(808) 256-3596		8:00am	1st Saturday	11	1	5
96795 (Windward Coast)	Dynamic Compassion In Action @ Waimanalo District Park (Drive Thru & Walk Up)	41-415 Hihimanu St. Waimanalo, HI 96795	(808) 754-6260	TEFAP	1:30pm	1st & 3rd Monday	6, 20	3, 17	14, 21
96795 (Windward Coast)	Hui Mahiai Aina @ Waimanalo District Park (Drive Thru & Walk Up)	41-415 Hihimanu St. Waimanalo, HI 96795		TEFAP	Sign-In: 10:00am Distribution: 11:00am	1st Thursday	2	6	3
96797 (Central Oahu)	Community People Ministries Holy Warriors @ West Oahu Christian Church	94-420 Farrington Hwy. Waipahu, HI 96797		TEFAP	8:00am	1st Saturday	None	1	5
96797 (Central Oahu)	Inspire Church @ Patsy T Mink Central Oahu Regional Park Online registration only. (Drive Thru & Walk Up)	94-801 Kamehameha Hwy. Waipahu, HI 96797	Registration: Inspire Church on Event Brite	TEFAP	9:00am	1st Tuesday	7	4	1

Zip Code (Area)	Distribution Site Name	Distribution Address	Contact	Additional Programs	Distribution Start Time	Days of Operation (See right columns for exact dates)	Jul 2026	Aug 2026	Sept 2026
96797 (Central Oahu)	Lighthouse Outreach Center (Walk Up)	94-230 Leokane St. Waipahu, HI 96797		TEFAP	9:00am	Thursdays	9, 16-cancelled, 23, 30	6, 13, 20, 27	3, 10, 17, 24
96813 (Honolulu)	Hawaii Health & Harm Reduction Center @ Kakaako (Walk Up)	653 Ala Moana Blvd. Honolulu, HI 96813	(808) 521-2437	TEFAP	1:00pm	4th Wednesday	22	26	23
96813 (Honolulu)	Reality Church @ Ke'elikolani Middle School (Drive Thru & Walk Up)	1302 Queen Emma St. Honolulu HI 96813			11:00am	1st Saturday	11	1	5
96814 (Honolulu)	Gregory House Programs (Walk Up)	1313 Pensacola St. Honolulu, HI 96814	(808) 592-9048	TEFAP Neighbor Connector	10:00am -12:00 pm	2nd Tuesday	14	11	8
96816 (Honolulu)	Mutual Housing Association Online registration only. (Walk Up)	2170 Ahe St. Honolulu, HI 96816			11:30am	1st Tuesday	7	4	1
96816 (Honolulu)	Waikiki Community Center @ Kapiolani Community College (Walk Up)	4303 Diamond Head Rd. Honolulu, HI 96816		Neighbor Connector	See Registration	2nd Friday	None	None	None
96817 (Honolulu)	Calvary Assembly of God (Walk Up)	961 Io Ln. Honolulu, HI 96817		Neighbor Connector	Sign-In: 9:00am - 1:00pm Distribution: 2:30pm	3rd Friday	17	21	18
96817 (Honolulu)	Institute For Human Services (Walk Up)	350 Sumner St. Honolulu, HI 96817	(808) 447-2800	TEFAP	1:00pm	Last Thursday	30	27	24
96817 (Honolulu)	Co-Cathedral of St Theresa Online registration only. (Drive Thru & Walk Up)	712 N School St. Honolulu, HI 96817	Registration opens one week prior: www.cocathedral.org	TEFAP	9:00am	4th Saturday	25	29	26
96817 (Honolulu)	Project Aloha Care (Walk Up)	626 McNeil St. Honolulu, HI 96817		TEFAP	11:00 am - 1:00 pm	Last Saturday	25	29	26
96818 (Honolulu)	Trinity Missionary Baptist Church	3950 Paine Circle Honolulu, HI 96818	(808) 422-8622	TEFAP	9:00am	4th Tuesday	28	25	22
96818 (Honolulu)	Island Family Christian Church Online registration only. (Drive Thru & Walk Up)	3375 Salt Lake Blvd. Honolulu, HI 96818	(808) 422-7811 Registration opens one week prior: www.islandfamily.org		7:30 am-8:30 am 8:30 am-9:30 am	3rd Saturday	18	15	19
96819 (Honolulu)	Institute For Human Services Kahauiki Village (Walk Up)	2475 N Nimitz Hwy. Honolulu, HI 96819	(808) 447-2800	TEFAP	1:00pm	Last Tuesday	28	25	29
96819 (Honolulu)	Palama Settlement @ Kaahumanu Homes (Walk Up)	760 McNeill St. Bldg. 16 Honolulu HI 96819	(808) 845-3945	TEFAP	10:30 am - 12:00 pm	3rd Friday	17	14	18
96819 (Honolulu)	Susannah Wesley Community Center (Walk Up)	1117 Kaili St. Honolulu, HI 96819		TEFAP Neighbor Connector	9:00am	3rd Saturday		29	
96819 (Honolulu)	First Assembly of God Red Hill (Walk Up)	3400 Moanalua Rd. Honolulu, HI 96819	(808) 836-2300	TEFAP	7:30am - 9:30am	4th Saturday	25	29	26
96819 (Honolulu)	Grace & Favor Church (Walk Up)	702 Puuhale Rd. Honolulu, HI 96819		TEFAP Neighbor Connector	10:00am	Wednesdays Temporarily Closed	1, 8, 15, 22, 29 Temporarily Closed	5, 12, 19, 26 Temporarily Closed	2, 9, 16, 23 Temporarily Closed

Zip Code (Area)	Distribution Site Name	Distribution Address	Contact	Additional Programs	Distribution Start Time	Days of Operation (See right columns for exact dates)	Jul 2026	Aug 2026	Sept 2026
96819 (Honolulu)	Kalihi Union Church (Walk Up)	2214 North King St. Honolulu, HI 96819	(808) 841-7022	<i>Neighbor Connector</i>	9:00am - 11:00am	Thursdays	2, 9, 16, 23, 30	6, 13, 20, 27	3, 10, 17, 24
96819 (Honolulu)	PACT KPT Family Center (Walk Up)	1485 Linapuni St. Ste 103 Honolulu, HI 96819	(808) 841-6177		9:00am	3rd Tuesday	21	18	15
96821 (East Honolulu)	Angel Network Charities (Walk Up)	5339 Kalanianaʻole Hwy. Honolulu, HI 96821		<i>TEFAP</i>	1:00pm	1st & 3rd Thursday	None	6, 20	3, 17
96821 (East Honolulu)	King's Cathedral Oahu (Drive Thru & Walk Up)	5740 Kalanianaʻole Hwy. Honolulu, HI 96821	(808) 466-3273	<i>TEFAP</i>	10:30am	2nd & 4th Thursday	9, 23	13, 27	10, 24
96822 (Honolulu)	Hawaii Health & Harm Reduction Center @ UH Manoa (Walk Up)	2465 Campus Rd. Honolulu, HI 96822	(808) 521-2437	<i>TEFAP</i>	12:00pm	2nd Wednesday	None	None	9
96826 (Honolulu)	Central Union Church (Drive Thru & Walk Up)	1660 S Beretania St. Honolulu, HI 96826	(808) 941-0957	<i>Neighbor Connector</i>	Walk-Up: 11:00am - 12:00pm Drive-Thru: 12:00pm - 1:00pm	Wednesdays	1, 8, 15, 22, 29	5, 12, 19, 26	2, 9, 16, 23
96853 (Central Oahu)	Armed Services YMCA (Joint Base Pearl Harbor-Hickam) Military access required. (Walk Up)	100 McChord St. Bldg. 1859 Pearl Harbor, HI 96853	(808) 473-3399 Registration: hawaii.asymca.org/ events	<i>TEFAP</i>	1:00pm (Base access required)	4th Wednesday	22	26	23
96857 (Central Oahu)	Armed Services YMCA Schofield/Wheeler @ Schofield Main Post Chapel Military access required. (Walk Up)	790 McCornack Rd. Schofield Barracks, HI 96857	(808) 433-8410 Registration: hawaii.asymca.org/ events	<i>TEFAP</i>	12:30pm (Base access required)	4th Monday	27	24	28

O'AHU HOMELESS HELP CARD

Information provided by Partners In Care O'ahu

GENERAL HELP

Access to Independence (for those with a disability).....808-369-9521
Aloha United Way (auw211.org).....211
Helping Hands Hawai'i, Community Clearing House.....808-440-3800
Hui O Hau'ula (social svcs. Ko'olauloa Residents only).....808-888-0045
Salvation Army (Community Ctr.).....808-841-5565

CRISIS (24 HOURS)

Hawai'i CARES (mental health, substance use crisis & support services).....808-832-3100
Domestic Violence Crisis Line.....808-266-7233
National Veterans Crisis Hotline.....800-273-8255 (press 1)
National Women Veterans Hotline.....855-829-6636

ABUSE (CHILD/SPOUSE/ADULT)

Adult Protective Services (weekdays).....808-832-5115
Child Protective Services (24 hr).....808-832-5300
Domestic Violence Action Ctr.....808-531-3771
Toll-Free (all islands).....800-690-6200
Text (24 hr).....605-956-5680
24/7 Chat Available.....
.....www.domesticviolenceactioncenter.org
Domestic Violence Hotlines:
Town/Leeward (CFS).....808-841-0822

LGBTQ+ SERVICES

Hawai'i Health & Harm Reduction Center.....808-521-2437

MEDICAL CARE

C.O.R.E. (Crisis, Outreach, Response, Engagement).....808-768-2673
Hawai'i HOME Project.....808-223-8859
KPHC, Healthcare for the Homeless Project.....808-791-6342
Hawai'i Health & Harm Reduction Center.....808-521-2437
IHS.....808-447-2925
Kāne'ohē Joint Outreach Center.....808-234-5562
Kōkua Kalihī Valley.....808-791-9400
Ko'olauloa Health Center.....808-293-9231
MedQuest Information Low-Cost Insurance.....1-800-316-8005
Project Vision Hawai'i.....808-201-3937
Pūnāwai Medical Respite.....808-784-3831
Wai'anae Coast Comprehensive Health Center.....808-697-3300
Waikiki Health.....808-922-4787
Waimānalo Health Center.....808-259-7948

Medicaid:

QUEST (Medicaid) Health Insurance.....1-800-316-8005
Project Vision Hawai'i.....808-201-3937

Med-QUEST Health After Hours Nurse Advice Lines:

AlohaCare.....1-877-225-8839
HMSA.....1-800-440-0640
Kaiser Permanente.....1-833-833-3333
'Ohana Health Plan.....1-800-919-8807
UnitedHealthcare Plan.....1-888-980-8728

Ho'ola Na Pua Sex Trafficking Assistance and Prevention.....808-445-3131
EPIC - 'Ohana Case Conferencing (for CPS children).....808-838-7752
Family Peace Center (PACT).....808-832-0855
Sex Abuse Treatment (24hr).....808-535-7600
Trafficking Victim Assistance Program (Susannah Wesley, text avail., 24hr).....808-721-9614

Domestic Violence Shelters:

Child & Family Service.....808-841-0822
PACT 'Ōhi'a Shelter.....808-585-7944
Trafficking Victim Assistance Program (Susannah Wesley, text avail., 24hr).....808-721-9614

AFFORDABLE HOUSING

Cloudbreak Communities (affordable & service enriched permanent housing).....808-682-1949
Sea Winds (Affordable housing company & transitional units).....808-696-0061

ALCOHOL/DRUG

Alcoholics Anonymous.....808-946-1438
Champ Clinic.....808-426-4515
Dynamic Healing Center.....808-425-4245
Hawai'i Health & Harm Reduction Center.....808-521-2437
Habilitat, Inc.....808-872-2525
Hawai'i CARES.....808-832-3100
Hina Mauka Kāne'ohē.....808-236-2600
Hina Mauka Waipahu (outpatient).....808-671-6900
Ho'omau Ke Ola.....808-696-3315
IHS 'Imi Ola Piha Homeless Triage and Treatment Center.....808-782-8231
Salvation Army Detox (ATS).....808-595-5819
Salvation Army Family/Women (FTS).....808-732-2802

MENTAL HEALTH

Hawai'i CARES (mental health, substance use crisis & support services).....808-832-3100
Catholic Charities Hawai'i Counseling Center.....808-527-4470

Dept. of Health, Mental Health Clinics:

Adult MH Division
Eligibility Line.....808-643-2643
Central-Leeward O'ahu
Treatment Services.....808-453-5950
Central O'ahu Family Guidance Center.....808-453-5900
East Honolulu Treatment Services Section.....808-733-9260
Hale Na'au Pono.....808-696-4211
Honolulu O'ahu Family Guidance Center.....808-733-9393
Hope Treatment Services.....808-638-4555, 808-638-4440
Leeward O'ahu Family Guidance Center.....808-692-7700
West Honolulu Treatment Services Section (adults).....808-832-5800
Windward Family Guidance Center.....808-233-3770
Windward O'ahu Treatment Services.....808-233-3775
Kahi Mohala Behavioral Health.....808-671-8511
North Shore Mental Health.....808-638-8700

PET SERVICES

Hawaiian Humane Society (animal emergency /stray pick-up).....808-356-2250

Salvation Army Adult Males (ATS).....808-595-6371
Salvation Army (ARC).....808-522-8400
Sand Island Treatment Center.....808-841-3915
Women In Need (intensive outpatient program for women & men).....808-486-1996

CASE MANAGEMENT

Hale Na'au Pono (adult & children's programs, therapeutic care, family services).....808-696-4211
Hawai'i Health & Harm Reduction Center.....808-521-2437
IHS.....808-447-2865
Kealahou West O'ahu.....808-364-5820
North Shore Mental Health.....808-638-8700
Project Vision.....808-201-3937

DHS (STATE) BENEFITS

Hawai'i Public Housing Authority Applications Office.....808-832-5961

TANF, GA/AABD, SNAP & Childcare Information:

Public Assistance Information System Line (PAIS, toll free).....1-855-643-1643
Project Vision (SNAP Svcs.).....808-201-3937

Medicaid:

QUEST (Medicaid) Health Insurance.....1-800-316-8005
Project Vision.....808-201-3937

Med-QUEST Health Plan's After-Hours Advice Lines:

AlohaCare.....1-877-225-8839
HMSA.....1-800-440-0640
Kaiser Permanente.....1-833-833-3333
'Ohana Health Plan.....1-800-919-8807
UnitedHealthcare Plan.....1-888-980-8728

Pet Kōkua (surrender & cruelty prevention).....808-356-2225
K9 Kōkua.....808-284-4310
Poi Dogs & Pōpōki (wellness checks, immunizations, microchipping, spay/neuter).....808-551-7915

RENTAL ASSISTANCE

Catholic Charities Hawai'i.....808-521-4357
Family Promise of Hawai'i.....808-300-0560
Helping Hands Hawai'i, Community Clearing House.....808-440-3800
IHS.....808-447-2819, 808-447-2862
Rent to Work.....808-768-5734
Salvation Army (Community Asst. Ctr.).....808-841-5565
U.S.VETS Wai'anae.....808-348-7422

SHELTER: EMERGENCY

Family Assessment Center.....808-202-9133
Family Promise of Hawai'i.....808-300-0560
Hale Kipa (youth <18).....808-754-9844
Hale 'Imi Ola (Catholic Charities).....808-897-5479
HONU.....808-768-4668
IHS (men).....808-447-2900
IHS (women and children).....808-447-2800
IHS Hale Mauiola Sand Island Navigation Center (pet friendly).....808-774-4492
Ka Malu Ko'olau Kauhale.....808-724-4972
Keauhou Emergency Shelter (Waikiki Health) (individuals & couples).....808-537-8330
Kealahou West O'ahu (Onelau'ena).....808-782-4342
Kulaokahu'a Shelter (Seniors).....808-599-5759
Pai'olu Kaiūlū, U.S.VETS Wai'anae (service/comfort animal allowed).....808-462-0280
RYSE (youth ages 18-24).....808-498-5180
Waimānalo Emergency Shelter.....808-204-0982

DISPUTE RESOLUTION

The Mediation Center of the Pacific.....808-521-6767

EDUCATION

DOE: COFA Care Navigation.....808-348-0308
DOE: Education for Homeless Children & Youth.....808-348-0304
Hawai'i Vet2Vet (Hawai'i Certified Peer Specialist Training).....808-462-3286
HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800

EMPLOYMENT SERVICES

Alu Like (employment & training).....808-535-6700
American Job Center (Dillingham).....808-768-5701
Division of Vocational Rehabilitation.....808-586-5164
Economic Opportunity Center (PACT).....808-842-7093
Goodwill Industries of Hawai'i.....808-483-7172
HCAP-Na Lima Hana & Senior Employment.....808-521-4531
HI Disability Rights Center (Ticket to Work).....808-949-2922
HI State Unemployment Office.....808-586-8970
IHS Hele2Work.....808-447-2844, 808-447-2912
Network Enterprises, Inc.....808-521-7774
U.S.VETS (employment assistance & veteran services).....808-342-7493

FOOD

Helping Hands Hawai'i SNAP Outreach.....808-440-3832
Hau'ula (food pantry, Ko'olauloa Residents only).....808-888-0045
Project Vision Hawai'i (SNAP Svcs.).....808-201-3937
River of Life Mission.....808-524-7656

SHELTER: TRANSITIONAL

Dynamic Healing Center.....808-425-4245
Faith House Ministries.....808-200-1177
Gregory House (HIV).....808-592-9022
Hale Kipa's Transitional Living Program (TLP, ages 18-22).....808-277-5159
HCAP Kumuhonua Transitional Living Center.....808-682-5494
MHK Maukakea Village.....808-524-7233
RYSE (youth ages 14-24).....808-498-5180
THE SHELTER (women).....808-468-1855

OUTREACH/DROP-IN CENTERS

HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800
Hawai'i Health & Harm Reduction Center.....808-521-2437
Helping Hands Hawai'i SNAP Outreach.....808-440-3832
IHS.....808-447-2865
Kealahou West O'ahu.....808-696-5667
Legal Aid Society of Hawai'i.....808-536-4302
Lydia House (youth ages 16-26).....808-466-8022
Outreach in Waikiki (referrals).....808-208-9150
RYSE & Mobile Crisis Outreach (youth ages 14-24).....808-498-5180, 808-861-6606
Salvation Army (Community Asst. Ctr.).....808-841-5565
Wai'anae Coast Comprehensive Health Center.....808-697-3300
Waikiki Business Improvement District Assoc. (Waikiki Outreach only).....808-208-9150
U.S.VETS.....808-630-0771, 808-347-4267
Youth Outreach (YO).....808-942-5858

Salvation Army (Community Asst. Ctr.).....808-841-5565

Call 211 to check with other outreach agencies or churches for food assistance.

HEPATITIS B&C

Hawai'i Health & Harm Reduction Center.....808-521-2437
Hep Free Hawai'i.....808-436-5884

HIV/AIDS

Gregory House Programs.....808-592-9022
Hawai'i Health & Harm Reduction Center.....808-521-2437
Waikiki Health.....808-922-4787

HOUSING SEARCH

Landlord Engagement Program.....808-380-9354

HYGIENE SERVICES

HiEHiE (Mobile Showers, Restrooms).....808-201-3937
Pūnāwai Rest Stop (Laundry, Showers).....808-599-9750
Revive+Refresh (Mobile Showers & Laundry).....808-799-6738
River of Life Mission.....808-524-7656
Salvation Army (Community Asst. Ctr.).....808-841-5565

INTERPRETATION/TRANSLATION SERVICES

Helping Hands Hawai'i, Bilingual Access Line.....808-526-9724

LEGAL

Community Outreach Court.....808-347-2551
Legal Aid Society of Hawai'i.....808-536-4302
Volunteer Legal Services Hawai'i.....808-528-7046

VETERANS' SERVICES

Catholic Charities Hawai'i Veterans Services (housing, mental health, legal).....808-521-4357
Cloudbreak Communities (affordable & service enriched permanent housing).....808-682-1949
Hawai'i Vet2Vet.....808-462-3286
HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800
IHS Veteran Support Program.....808-447-2916
Network Enterprises, Inc. (employment).....808-521-7774
Steven A. Cohen Military Family Clinic.....808.204.4020
U.S.VETS (outreach, housing, support).....808-630-0771, 808-347-4267
VA Health Care for the Homeless (outreach, medical, & mental health services).....808-433-0357
VA Call Center (SATP, MH, & medical appointments).....1-800-214-1306
Veterans Suicide Hotline.....1-800-273-8255

Notes:

Revised 06/2024

Shelf-Stable Foods	Shelf Life After Code Date
Baby Food	
Cereal: dry mixes	Expiration date on package
Food in Jars, cans	Expiration date on package
Formula	Expiration date on package
Juice	1 year
Canned Food	
Beans	3 years
Fish: salmon, tuna, sardines, mackerel	3 years
Frosting, canned	10 months
High-acid foods	
- fruit (including applesauce, juices)	} 1-2 years
- pickles, sauerkraut	
- baked beans w/mustard/vinegar	
- tomatoes, tomato-based soups & sauces	
Low-acid foods	
- gravy, soups/broths that aren't tomato-based	} 2-3 years
- pasta, stews, cream sauces	
- vegetables (not tomatoes)	
Meat: beef, chicken, pork, turkey	2-3 years
Pie filling	3 years
Condiments, Sauces, Syrups	
UHT milk	
Broth: beef, chicken or vegetable	
Soup	
Fruits	
Vegetables	
Condiments, Sauces, Syrups	
Barbeque sauce (bottled)	1 year
Frosting, canned	10 months
Gravy (dry mix envelopes)	2 years
Honey	2 years --remains safe after crystallization. To use, simply immerse closed container in hot (not boiling) water until honey liquifies
Jams, jellies, preserves	18 months
Ketchup, cocktail, or chili sauce: jar, bottle, or packet	18 months
Mayonaise,: jar, bottle or packet	3-6 months
Molasses	2 years
Mustard: jar, bottle or packet	2 years
Olives	18-24 months
Pickles	1 year canned 2 years, jarred--discard if inside of lid is rusty open opening
Salad dressings: bottled	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
Condiments, Sauces, Syrups (continued)	
Spaghetti sauce, canned	18 months
Spaghetti sauce, jarred	18 months
Syrup, chocolate	2 years
Syrup, corn	2 years
Syrup, pancake	2 years
Vinegar	2 years
Worcestershire sauce	2 years
Dry Goods	
Baking Mix, pancake	9 months
Baking mixes (brownie, cake, muffin, etc.)	12-18 months
Baking powder	18 months
Baking soda	indefinite if kept dry
Beans, dried	1 year
Bouillon: beef or chicken	12-24 months
Bouillon: vegetable	12-24 months
Bread , commercially prepared (including rolls)	3-5 days
Cakes, commercially prepared	3-5 days at room temp 3 months stored frozen
Candy (all, including chocolate)	9 months, caramel 18 months, chocolate 36 months, hard candy
Casserole Mix	9-12 months
Cereal, cold	1 year
Cereal, hot	1 year
Cookies	4 months
Cornmeal	1 year at room temp 2+ years frozen
Crackers	8 months Except graham crackers, 2 months
Flour, white (all purpose or cake)	1 year
Flour, whole wheat	6 months (keeps longer if refrigerated or frozen)
Fruit, dried	6 months (keeps longer if refrigerated or frozen)
Macaroni and Cheese, mix	6-12 months
Nuts, out of shell	6-12 months, bagged 12-24 months, canned
Nuts, in shell	6-12 months, bagged 12-24 months, canned
Oatmeal	12 months
Oil, olive, vegetable , salad	6 months
Pasta, dry (egg noodle)	2-3 years
Pasta, dry (no egg)	2-3 years
Peanut Butter	18 months
Popcorn, kernels	2 years
Popcorn, commercially popped and bagged	2-3 months
Popcorn, microwave packets	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
Dry Goods (continued)	
Potatoes, mashed, instant flakes	1 year
Pretzels	6-8 months
Pudding, prepared/shelf stable	1 week
Rice, brown	1 year
Rice, white	2 years
Rice-based mixes	6 months
Shortening, vegetable	8-12 months
Spices	up to 4 years, whole spices up to 2 years, ground spices Spices lose flavor over time but remain safe to use indefinitely
Stuffing mix	9-12 months
Sugar, brown (light or dark)	18 months
Sugar, confectioners	18 months
Sugar, white	2+ years
Sugar substitute	2 years
Toaster pastries	6 months, fruit 9 months, no fruit
Tortillas	3 months, shelf or refrigerator 6 months, freezer Do not use if they develop mold or harden
Shelf -Stable Beverages	
Cocoa Mixes	36 months
Coffee Creamer, liquid shelf stable	9-12 months
Coffee creamer, powdered	2 years
Coffee, ground	2 years
Coffee, instant	1-2 years
Coffee, whole bean	1 year, vacuum packed
Instant breakfast	6 months
Juice, bottle, shelf-stable	9 months
Juice, box	4-6 months
Juice, canned	18 months
Juice concentrate, shelf-stable	
Milk, evaporated	1 year
Milk, non-fat dry	1 year
Milk-shelf stable UHT	6 months
Milk, sweetened condensed	1 year
Nutritional aid supplements (Boost, Ensure, etc.)	1 year
Rice milk, shelf stable	6 months
Carbonated beverages (soda/seltzer water)	3 months, bottles (all) 3 months, diet (cans) 9 months, regular soda or seltzer (cans)
Soy milk, shelf stable	6 months
Tea, bagged	18 months
Tea, instant	3 years

Shelf-Stable Foods	Shelf Life After Code Date
Shelf -Stable Beverages (continued)	
Water	indefinite: store in cool, dark place away from chemicals
Water, flavored	indefinite: store in cool, dark place away from chemicals

Frozen Foods	Frozen (0°F or below)
Bread, bagels	3 months
Chicken, nuggets/patties	2 months
Desserts, frozen baked goods	3-4 months
Desserts, frozen cream pies	1-2 months
Desserts, frozen fruit pies	6-8 months
Dinners, pies, casseroles, shrimp, ham. Pork or sausage	3-4 months
Dinners: beef, turkey, chicken, or fish	6 months
Dough, bread	1 month, longer storage inactivates yeast , weakens gluten
Dough, cookie	3 months
Pasteurized eggs in carton	1 year, purchased frozen, unopened, never thawed
Fish, breaded	4-6 months
Ice Pops	6 months
Fruit, frozen	4 months
Ice cream	2-4 months
Juice concentrate	1 years
Soy meat substitutes	12-18 months
Vegetables	8 months
Waffles, pancakes	2 months
Whipped topping, non dairy tub	6 months

Meats	Refrigerated (40°F or below)	Frozen (0°F or below)
Fish/Seafood: Uncooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	12 mnths
Shrimp, raw	n/a	9 months
Crab, canned	n/a	Do not freeze
Crab, legs	n/a	9-12 months
Oysters, shucked	n/a	3-4 months
Lobster Tails raw	n/a	6-9 months
Scallops, raw	n/a	3-6 months
Fish/Seafood: Cooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	3-6 months
Shrimp and other Shellfish	n/a	3-6 months
Meats, Raw		
Beef Roasts	n/a	1 year
Beef Steaks	n/a	1 year
Pork Roasts	n/a	1 year
Pork Chops	n/a	1 year
Lamb Roasts	n/a	1 year
Lamb Steaks/Chops	n/a	1 year
Poultry: Chicken or Turkey, whole cuts	n/a	1 year
Ground Meats (beef, pork, lamb or poultry)	n/a	9-12 months
Meats, Processed		
Bacon, unopened	2 weeks	6 months
Bacon, opened	1 week	2 months
Chicken, Fried	4 days	4 months
Chicken, Nuggets/Patties	2 days	3 months
Ham, unopened	2 weeks	1 year
Ham, opened	1 week	1-2 months
Hot Dogs, unopened	2 weeks	9 months
Luncheon meats, deli slice or opened	3-5 days	Do not freeze
Luncheon meats, unopened commercial package	2 weeks	1-2 months
Pepperoni, Salami	1 month	6 months
Sausage, raw	2 days	6 months
Sausage, smoked links or patties	1 week	9 months

Dairy and Cooler Items	Refrigerated (40°F or below)	Frozen (0°F or below)
Butter	2-3 months	1 year
Buttermilk	10-14 days	Freezes poorly
Cheese Trays	2 weeks	Do not freeze
Cheese, Cottage	10-15 days	Freezes poorly
Cheese, Cream	2 weeks	Freezes poorly
Cheese, hard	6 months	6-8 months
Cheese, soft	1-2 weeks	6 months
Cheese, processed	3-4 weeks	6 months
Coffee Creamer , liquid refrigerated	3 weeks	Follow instructions on package
Cream, Half & Half	3-4 days	4 months, use for cooking
Cream, Heavy	10 days	3-4 months, shake upon thawing to loosen; use for cooking
Cream, Light	1 week	3-4 months, use for cooking
Crust, pie or pizza ready to bake	Sell-by date	2 months
Dips, made with sour cream	2 weeks	Do not freeze
Dough, biscuit	Sell-by date	Do not freeze
Dough, bread or pizza	Sell-by date	Do not freeze
Dough, cookie	Sell-by date	2-3 months
Eggs, in shell	4-5 weeks	Do not freeze
Eggs, pasteurized carton egg substitute, unopened	10 days	1 year
Eggs, pasteurized carton real eggs. Unopened	10 days	1 year
Juice, purchase refrigerated	3 weeks	8-12 months
**MINUTE MAID/TROPICANA - CANNOT DISTRIBUTE		
AFTER EXPIRATION DATE.		
Margarine	6 months	12 months
Milk (not shelf stable)	1 week	1-3 months, use for cooking
Pudding, purchased refrigerated	1-2 days	Do not freeze
Salad dressing, refrigerated packets	3 months	Do not freeze
Sour cream	2-3 weeks	Do not freeze
Whipped cream, aerosol	3-4 weeks	Do not freeze
Whipped topping, aerosol	3 months	Do not freeze
Whipped topping, non-dairy tub	2 weeks	14 months; do not freeze once thawed
Yogurt	10-14 days	1-2 months

Prepared Items/Deli Food	Refrigerated (41°F or below)	Frozen (0°F or below)
Chicken, Roasted or Fried	3-4 days	4-6 months
Fruit, cut	Best By Date	Do Not Freeze
Guacamole	5-7 days	6 months
Hummus, Pasturized	3 months	Do Not Freeze
Hummus, with Preservatives	2 months	Do Not Freeze
Hummus, traditional (no preservatives, not pasteurized)	7 days	Do Not Freeze
Main dishes, meals	3-4 days	2-3 months
Meats in gravy or broth (including meat pies)	1-2 days	6 onths
Pasta, fresh	1 week	1 month
Salads, prepared (macaroni, egg, potato, chicken, tuna, etc.)	3-5 days	Do Not Freeze
Sauces, Egg-Based (Hollandaise, etc.)	10 days	Do Not Freeze
Side dishes, cooked vegetables	3-4 days	1-2 months
Side dishes, potato-based (not salad)	3-4 days	1-2 months
Side dishes, rice	3-4 days	1-2 months
Soups, Stews	2-3 days	4-6 Months
Spinach, salad greens (bagged)	Date on bag	Do Not Freeze

O'AHU HOMELESS HELP CARD

Information provided by Partners In Care O'ahu

GENERAL HELP

Access to Independence (for those with a disability).....808-369-9521
Aloha United Way (auw211.org).....211
Helping Hands Hawai'i, Community Clearing House.....808-440-3800
Hui O Hau'ula (social svcs. Ko'olauloa Residents only).....808-888-0045
Salvation Army (Community Ctr.).....808-841-5565

CRISIS (24 HOURS)

Hawai'i CARES (mental health, substance use crisis & support services).....808-832-3100
Domestic Violence Crisis Line.....808-266-7233
National Veterans Crisis Hotline.....800-273-8255 (press 1)
National Women Veterans Hotline.....855-829-6636

ABUSE (CHILD/SPOUSE/ADULT)

Adult Protective Services (weekdays).....808-832-5115
Child Protective Services (24 hr).....808-832-5300
Domestic Violence Action Ctr.....808-531-3771
Toll-Free (all islands).....800-690-6200
Text (24 hr).....605-956-5680
24/7 Chat Available.....
.....www.domesticviolenceactioncenter.org
Domestic Violence Hotlines:
Town/Leeward (CFS).....808-841-0822

LGBTQ+ SERVICES

Hawai'i Health & Harm Reduction Center.....808-521-2437

MEDICAL CARE

C.O.R.E. (Crisis, Outreach, Response, Engagement).....808-768-2673
Hawai'i HOME Project.....808-223-8859
KPHC, Healthcare for the Homeless Project.....808-791-6342
Hawai'i Health & Harm Reduction Center.....808-521-2437
IHS.....808-447-2925
Kāne'ohē Joint Outreach Center.....808-234-5562
Kōkua Kalihī Valley.....808-791-9400
Ko'olauloa Health Center.....808-293-9231
MedQuest Information Low-Cost Insurance.....1-800-316-8005
Project Vision Hawai'i.....808-201-3937
Pūnāwai Medical Respite.....808-784-3831
Wai'anae Coast Comprehensive Health Center.....808-697-3300
Waikiki Health.....808-922-4787
Waimānalo Health Center.....808-259-7948

Medicaid:

QUEST (Medicaid) Health Insurance.....1-800-316-8005
Project Vision Hawai'i.....808-201-3937

Med-QUEST Health After Hours Nurse Advice Lines:

AlohaCare.....1-877-225-8839
HMSA.....1-800-440-0640
Kaiser Permanente.....1-833-833-3333
'Ohana Health Plan.....1-800-919-8807
UnitedHealthcare Plan.....1-888-980-8728

Ho'ola Na Pua Sex Trafficking Assistance and Prevention.....808-445-3131
EPIC - 'Ohana Case Conferencing (for CPS children).....808-838-7752
Family Peace Center (PACT).....808-832-0855
Sex Abuse Treatment (24hr).....808-535-7600
Trafficking Victim Assistance Program (Susannah Wesley, text avail., 24hr).....808-721-9614

Domestic Violence Shelters:

Child & Family Service.....808-841-0822
PACT 'Ōhi'a Shelter.....808-585-7944
Trafficking Victim Assistance Program (Susannah Wesley, text avail., 24hr).....808-721-9614

AFFORDABLE HOUSING

Cloudbreak Communities (affordable & service enriched permanent housing).....808-682-1949
Sea Winds (Affordable housing company & transitional units).....808-696-0061

ALCOHOL/DRUG

Alcoholics Anonymous.....808-946-1438
Champ Clinic.....808-426-4515
Dynamic Healing Center.....808-425-4245
Hawai'i Health & Harm Reduction Center.....808-521-2437
Habilitat, Inc.....808-872-2525
Hawai'i CARES.....808-832-3100
Hina Mauka Kāne'ohē.....808-236-2600
Hina Mauka Waipahu (outpatient).....808-671-6900
Ho'omau Ke Ola.....808-696-3315
IHS 'Imi Ola Piha Homeless Triage and Treatment Center.....808-782-8231
Salvation Army Detox (ATS).....808-595-5819
Salvation Army Family/Women (FTS).....808-732-2802

MENTAL HEALTH

Hawai'i CARES (mental health, substance use crisis & support services).....808-832-3100
Catholic Charities Hawai'i Counseling Center.....808-527-4470

Dept. of Health, Mental Health Clinics:

Adult MH Division
Eligibility Line.....808-643-2643
Central-Leeward O'ahu
Treatment Services.....808-453-5950
Central O'ahu Family Guidance Center.....808-453-5900
East Honolulu Treatment Services Section.....808-733-9260
Hale Na'au Pono.....808-696-4211
Honolulu O'ahu Family Guidance Center.....808-733-9393
Hope Treatment Services.....808-638-4555, 808-638-4440
Leeward O'ahu Family Guidance Center.....808-692-7700
West Honolulu Treatment Services Section (adults).....808-832-5800
Windward Family Guidance Center.....808-233-3770
Windward O'ahu Treatment Services.....808-233-3775
Kahi Mohala Behavioral Health.....808-671-8511
North Shore Mental Health.....808-638-8700

PET SERVICES

Hawaiian Humane Society (animal emergency /stray pick-up).....808-356-2250

Salvation Army Adult Males (ATS).....808-595-6371
Salvation Army (ARC).....808-522-8400
Sand Island Treatment Center.....808-841-3915
Women In Need (intensive outpatient program for women & men).....808-486-1996

CASE MANAGEMENT

Hale Na'au Pono (adult & children's programs, therapeutic care, family services).....808-696-4211
Hawai'i Health & Harm Reduction Center.....808-521-2437
IHS.....808-447-2865
Kealahou West O'ahu.....808-364-5820
North Shore Mental Health.....808-638-8700
Project Vision.....808-201-3937

DHS (STATE) BENEFITS

Hawai'i Public Housing Authority Applications Office.....808-832-5961

TANF, GA/AABD, SNAP & Childcare Information:

Public Assistance Information System Line (PAIS, toll free).....1-855-643-1643
Project Vision (SNAP Svcs.).....808-201-3937

Medicaid:

QUEST (Medicaid) Health Insurance.....1-800-316-8005
Project Vision.....808-201-3937

Med-QUEST Health Plan's After-Hours Advice Lines:

AlohaCare.....1-877-225-8839
HMSA.....1-800-440-0640
Kaiser Permanente.....1-833-833-3333
'Ohana Health Plan.....1-800-919-8807
UnitedHealthcare Plan.....1-888-980-8728

Pet Kōkua (surrender & cruelty prevention).....808-356-2225
K9 Kōkua.....808-284-4310
Poi Dogs & Pōpōki (wellness checks, immunizations, microchipping, spay/neuter).....808-551-7915

RENTAL ASSISTANCE

Catholic Charities Hawai'i.....808-521-4357
Family Promise of Hawai'i.....808-300-0560
Helping Hands Hawai'i, Community Clearing House.....808-440-3800
IHS.....808-447-2819, 808-447-2862
Rent to Work.....808-768-5734
Salvation Army (Community Asst. Ctr.).....808-841-5565
U.S.VETS Wai'anae.....808-348-7422

SHELTER: EMERGENCY

Family Assessment Center.....808-202-9133
Family Promise of Hawai'i.....808-300-0560
Hale Kipa (youth <18).....808-754-9844
Hale 'Imi Ola (Catholic Charities).....808-897-5479
HONU.....808-768-4668
IHS (men).....808-447-2900
IHS (women and children).....808-447-2800
IHS Hale Mauiola Sand Island Navigation Center (pet friendly).....808-774-4492
Ka Malu Ko'olau Kauhale.....808-724-4972
Keauhou Emergency Shelter (Waikiki Health) (individuals & couples).....808-537-8330
Kealahou West O'ahu (Onelau'ena).....808-782-4342
Kulaokahu'a Shelter (Seniors).....808-599-5759
Pai'olu Kaiūlū, U.S.VETS Wai'anae (service/comfort animal allowed).....808-462-0280
RYSE (youth ages 18-24).....808-498-5180
Waimānalo Emergency Shelter.....808-204-0982

DISPUTE RESOLUTION

The Mediation Center of the Pacific.....808-521-6767

EDUCATION

DOE: COFA Care Navigation.....808-348-0308
DOE: Education for Homeless Children & Youth.....808-348-0304
Hawai'i Vet2Vet (Hawai'i Certified Peer Specialist Training).....808-462-3286
HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800

EMPLOYMENT SERVICES

Alu Like (employment & training).....808-535-6700
American Job Center (Dillingham).....808-768-5701
Division of Vocational Rehabilitation.....808-586-5164
Economic Opportunity Center (PACT).....808-842-7093
Goodwill Industries of Hawai'i.....808-483-7172
HCAP-Na Lima Hana & Senior Employment.....808-521-4531
HI Disability Rights Center (Ticket to Work).....808-949-2922
HI State Unemployment Office.....808-586-8970
IHS Hele2Work.....808-447-2844, 808-447-2912
Network Enterprises, Inc.....808-521-7774
U.S.VETS (employment assistance & veteran services).....808-342-7493

FOOD

Helping Hands Hawai'i SNAP Outreach.....808-440-3832
Hau'ula (food pantry, Ko'olauloa Residents only).....808-888-0045
Project Vision Hawai'i (SNAP Svcs.).....808-201-3937
River of Life Mission.....808-524-7656

SHELTER: TRANSITIONAL

Dynamic Healing Center.....808-425-4245
Faith House Ministries.....808-200-1177
Gregory House (HIV).....808-592-9022
Hale Kipa's Transitional Living Program (TLP, ages 18-22).....808-277-5159
HCAP Kumuhonua Transitional Living Center.....808-682-5494
MHK Maukakea Village.....808-524-7233
RYSE (youth ages 14-24).....808-498-5180
THE SHELTER (women).....808-468-1855

OUTREACH/DROP-IN CENTERS

HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800
Hawai'i Health & Harm Reduction Center.....808-521-2437
Helping Hands Hawai'i SNAP Outreach.....808-440-3832
IHS.....808-447-2865
Kealahou West O'ahu.....808-696-5667
Legal Aid Society of Hawai'i.....808-536-4302
Lydia House (youth ages 16-26).....808-466-8022
Outreach in Waikiki (referrals).....808-208-9150
RYSE & Mobile Crisis Outreach (youth ages 14-24).....808-498-5180, 808-861-6606
Salvation Army (Community Asst. Ctr.).....808-841-5565
Wai'anae Coast Comprehensive Health Center.....808-697-3300
Waikiki Business Improvement District Assoc. (Waikiki Outreach only).....808-208-9150
U.S.VETS.....808-630-0771, 808-347-4267
Youth Outreach (YO).....808-942-5858

Salvation Army (Community Asst. Ctr.).....808-841-5565

Call 211 to check with other outreach agencies or churches for food assistance.

HEPATITIS B&C

Hawai'i Health & Harm Reduction Center.....808-521-2437
Hep Free Hawai'i.....808-436-5884

HIV/AIDS

Gregory House Programs.....808-592-9022
Hawai'i Health & Harm Reduction Center.....808-521-2437
Waikiki Health.....808-922-4787

HOUSING SEARCH

Landlord Engagement Program.....808-380-9354

HYGIENE SERVICES

HiEHiE (Mobile Showers, Restrooms).....808-201-3937
Pūnāwai Rest Stop (Laundry, Showers).....808-599-9750
Revive+Refresh (Mobile Showers & Laundry).....808-799-6738
River of Life Mission.....808-524-7656
Salvation Army (Community Asst. Ctr.).....808-841-5565

INTERPRETATION/TRANSLATION SERVICES

Helping Hands Hawai'i, Bilingual Access Line.....808-526-9724

LEGAL

Community Outreach Court.....808-347-2551
Legal Aid Society of Hawai'i.....808-536-4302
Volunteer Legal Services Hawai'i.....808-528-7046

VETERANS' SERVICES

Catholic Charities Hawai'i Veterans Services (housing, mental health, legal).....808-521-4357
Cloudbreak Communities (affordable & service enriched permanent housing).....808-682-1949
Hawai'i Vet2Vet.....808-462-3286
HawaiianHope.org (inexpensive & free computers & tech).....808-352-8800
IHS Veteran Support Program.....808-447-2916
Network Enterprises, Inc. (employment).....808-521-7774
Steven A. Cohen Military Family Clinic.....808.204.4020
U.S.VETS (outreach, housing, support).....808-630-0771, 808-347-4267
VA Health Care for the Homeless (outreach, medical, & mental health services).....808-433-0357
VA Call Center (SATP, MH, & medical appointments).....1-800-214-1306
Veterans Suicide Hotline.....1-800-273-8255

Notes:

Revised 06/2024

Shelf-Stable Foods	Shelf Life After Code Date
Baby Food	
Cereal: dry mixes	Expiration date on package
Food in Jars, cans	Expiration date on package
Formula	Expiration date on package
Juice	1 year
Canned Food	
Beans	3 years
Fish: salmon, tuna, sardines, mackerel	3 years
Frosting, canned	10 months
High-acid foods	
- fruit (including applesauce, juices)	} 1-2 years
- pickles, sauerkraut	
- baked beans w/mustard/vinegar	
- tomatoes, tomato-based soups & sauces	
Low-acid foods	
- gravy, soups/broths that aren't tomato-based	} 2-3 years
- pasta, stews, cream sauces	
- vegetables (not tomatoes)	
Meat: beef, chicken, pork, turkey	2-3 years
Pie filling	3 years
Condiments, Sauces, Syrups	
UHT milk	
Broth: beef, chicken or vegetable	
Soup	
Fruits	
Vegetables	
Condiments, Sauces, Syrups	
Barbeque sauce (bottled)	1 year
Frosting, canned	10 months
Gravy (dry mix envelopes)	2 years
Honey	2 years --remains safe after crystallization. To use, simply immerse closed container in hot (not boiling) water until honey liquifies
Jams, jellies, preserves	18 months
Ketchup, cocktail, or chili sauce: jar, bottle, or packet	18 months
Mayonaise,: jar, bottle or packet	3-6 months
Molasses	2 years
Mustard: jar, bottle or packet	2 years
Olives	18-24 months
Pickles	1 year canned 2 years, jarred--discard if inside of lid is rusty open opening
Salad dressings: bottled	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
Condiments, Sauces, Syrups (continued)	
Spaghetti sauce, canned	18 months
Spaghetti sauce, jarred	18 months
Syrup, chocolate	2 years
Syrup, corn	2 years
Syrup, pancake	2 years
Vinegar	2 years
Worcestershire sauce	2 years
Dry Goods	
Baking Mix, pancake	9 months
Baking mixes (brownie, cake, muffin, etc.)	12-18 months
Baking powder	18 months
Baking soda	indefinite if kept dry
Beans, dried	1 year
Bouillon: beef or chicken	12-24 months
Bouillon: vegetable	12-24 months
Bread , commercially prepared (including rolls)	3-5 days
Cakes, commercially prepared	3-5 days at room temp 3 months stored frozen
Candy (all, including chocolate)	9 months, caramel 18 months, chocolate 36 months, hard candy
Casserole Mix	9-12 months
Cereal, cold	1 year
Cereal, hot	1 year
Cookies	4 months
Cornmeal	1 year at room temp 2+ years frozen
Crackers	8 months Except graham crackers, 2 months
Flour, white (all purpose or cake)	1 year
Flour, whole wheat	6 months (keeps longer if refrigerated or frozen)
Fruit, dried	6 months (keeps longer if refrigerated or frozen)
Macaroni and Cheese, mix	6-12 months
Nuts, out of shell	6-12 months, bagged 12-24 months, canned
Nuts, in shell	6-12 months, bagged 12-24 months, canned
Oatmeal	12 months
Oil, olive, vegetable , salad	6 months
Pasta, dry (egg noodle)	2-3 years
Pasta, dry (no egg)	2-3 years
Peanut Butter	18 months
Popcorn, kernels	2 years
Popcorn, commercially popped and bagged	2-3 months
Popcorn, microwave packets	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
Dry Goods (continued)	
Potatoes, mashed, instant flakes	1 year
Pretzels	6-8 months
Pudding, prepared/shelf stable	1 week
Rice, brown	1 year
Rice, white	2 years
Rice-based mixes	6 months
Shortening, vegetable	8-12 months
Spices	up to 4 years, whole spices up to 2 years, ground spices Spices lose flavor over time but remain safe to use indefinitely
Stuffing mix	9-12 months
Sugar, brown (light or dark)	18 months
Sugar, confectioners	18 months
Sugar, white	2+ years
Sugar substitute	2 years
Toaster pastries	6 months, fruit 9 months, no fruit
Tortillas	3 months, shelf or refrigerator 6 months, freezer Do not use if they develop mold or harden
Shelf -Stable Beverages	
Cocoa Mixes	36 months
Coffee Creamer, liquid shelf stable	9-12 months
Coffee creamer, powdered	2 years
Coffee, ground	2 years
Coffee, instant	1-2 years
Coffee, whole bean	1 year, vacuum packed
Instant breakfast	6 months
Juice, bottle, shelf-stable	9 months
Juice, box	4-6 months
Juice, canned	18 months
Juice concentrate, shelf-stable	
Milk, evaporated	1 year
Milk, non-fat dry	1 year
Milk-shelf stable UHT	6 months
Milk, sweetened condensed	1 year
Nutritional aid supplements (Boost, Ensure, etc.)	1 year
Rice milk, shelf stable	6 months
Carbonated beverages (soda/seltzer water)	3 months, bottles (all) 3 months, diet (cans) 9 months, regular soda or seltzer (cans)
Soy milk, shelf stable	6 months
Tea, bagged	18 months
Tea, instant	3 years

Shelf-Stable Foods	Shelf Life After Code Date
Shelf -Stable Beverages (continued)	
Water	indefinite: store in cool, dark place away from chemicals
Water, flavored	indefinite: store in cool, dark place away from chemicals

Frozen Foods	Frozen (0°F or below)
Bread, bagels	3 months
Chicken, nuggets/patties	2 months
Desserts, frozen baked goods	3-4 months
Desserts, frozen cream pies	1-2 months
Desserts, frozen fruit pies	6-8 months
Dinners, pies, casseroles, shrimp, ham. Pork or sausage	3-4 months
Dinners: beef, turkey, chicken, or fish	6 months
Dough, bread	1 month, longer storage inactivates yeast , weakens gluten
Dough, cookie	3 months
Pasteurized eggs in carton	1 year, purchased frozen, unopened, never thawed
Fish, breaded	4-6 months
Ice Pops	6 months
Fruit, frozen	4 months
Ice cream	2-4 months
Juice concentrate	1 years
Soy meat substitutes	12-18 months
Vegetables	8 months
Waffles, pancakes	2 months
Whipped topping, non dairy tub	6 months

Meats	Refrigerated (40°F or below)	Frozen (0°F or below)
Fish/Seafood: Uncooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	12 mnths
Shrimp, raw	n/a	9 months
Crab, canned	n/a	Do not freeze
Crab, legs	n/a	9-12 months
Oysters, shucked	n/a	3-4 months
Lobster Tails raw	n/a	6-9 months
Scallops, raw	n/a	3-6 months
Fish/Seafood: Cooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	3-6 months
Shrimp and other Shellfish	n/a	3-6 months
Meats, Raw		
Beef Roasts	n/a	1 year
Beef Steaks	n/a	1 year
Pork Roasts	n/a	1 year
Pork Chops	n/a	1 year
Lamb Roasts	n/a	1 year
Lamb Steaks/Chops	n/a	1 year
Poultry: Chicken or Turkey, whole cuts	n/a	1 year
Ground Meats (beef, pork, lamb or poultry)	n/a	9-12 months
Meats, Processed		
Bacon, unopened	2 weeks	6 months
Bacon, opened	1 week	2 months
Chicken, Fried	4 days	4 months
Chicken, Nuggets/Patties	2 days	3 months
Ham, unopened	2 weeks	1 year
Ham, opened	1 week	1-2 months
Hot Dogs, unopened	2 weeks	9 months
Luncheon meats, deli slice or opened	3-5 days	Do not freeze
Luncheon meats, unopened commercial package	2 weeks	1-2 months
Pepperoni, Salami	1 month	6 months
Sausage, raw	2 days	6 months
Sausage, smoked links or patties	1 week	9 months

Dairy and Cooler Items	Refrigerated (40°F or below)	Frozen (0°F or below)
Butter	2-3 months	1 year
Buttermilk	10-14 days	Freezes poorly
Cheese Trays	2 weeks	Do not freeze
Cheese, Cottage	10-15 days	Freezes poorly
Cheese, Cream	2 weeks	Freezes poorly
Cheese, hard	6 months	6-8 months
Cheese, soft	1-2 weeks	6 months
Cheese, processed	3-4 weeks	6 months
Coffee Creamer , liquid refrigerated	3 weeks	Follow instructions on package
Cream, Half & Half	3-4 days	4 months, use for cooking
Cream, Heavy	10 days	3-4 months, shake upon thawing to loosen; use for cooking
Cream, Light	1 week	3-4 months, use for cooking
Crust, pie or pizza ready to bake	Sell-by date	2 months
Dips, made with sour cream	2 weeks	Do not freeze
Dough, biscuit	Sell-by date	Do not freeze
Dough, bread or pizza	Sell-by date	Do not freeze
Dough, cookie	Sell-by date	2-3 months
Eggs, in shell	4-5 weeks	Do not freeze
Eggs, pasteurized carton egg substitute, unopened	10 days	1 year
Eggs, pasteurized carton real eggs. Unopened	10 days	1 year
Juice, purchase refrigerated	3 weeks	8-12 months
**MINUTE MAID/TROPICANA - CANNOT DISTRIBUTE		
AFTER EXPIRATION DATE.		
Margarine	6 months	12 months
Milk (not shelf stable)	1 week	1-3 months, use for cooking
Pudding, purchased refrigerated	1-2 days	Do not freeze
Salad dressing, refrigerated packets	3 months	Do not freeze
Sour cream	2-3 weeks	Do not freeze
Whipped cream, aerosol	3-4 weeks	Do not freeze
Whipped topping, aerosol	3 months	Do not freeze
Whipped topping, non-dairy tub	2 weeks	14 months; do not freeze once thawed
Yogurt	10-14 days	1-2 months

Prepared Items/Deli Food	Refrigerated (41°F or below)	Frozen (0°F or below)
Chicken, Roasted or Fried	3-4 days	4-6 months
Fruit, cut	Best By Date	Do Not Freeze
Guacamole	5-7 days	6 months
Hummus, Pasturized	3 months	Do Not Freeze
Hummus, with Preservatives	2 months	Do Not Freeze
Hummus, traditional (no preservatives, not pasteurized)	7 days	Do Not Freeze
Main dishes, meals	3-4 days	2-3 months
Meats in gravy or broth (including meat pies)	1-2 days	6 onths
Pasta, fresh	1 week	1 month
Salads, prepared (macaroni, egg, potato, chicken, tuna, etc.)	3-5 days	Do Not Freeze
Sauces, Egg-Based (Hollandaise, etc.)	10 days	Do Not Freeze
Side dishes, cooked vegetables	3-4 days	1-2 months
Side dishes, potato-based (not salad)	3-4 days	1-2 months
Side dishes, rice	3-4 days	1-2 months
Soups, Stews	2-3 days	4-6 Months
Spinach, salad greens (bagged)	Date on bag	Do Not Freeze