



Food Program Resources

Sonoma County



Women, Infants, & Children Program (WIC)

WIC provides nutrition education, access to healthy food, breastfeeding support, and connections to other necessary resources for low-income pregnant people, mothers who had a recent birth, and families with children up to 5 years of age. Visit the Sonoma County WIC page listed to the left to learn more.



Friends in Service Here (F.I.S.H.)

F.I.S.H. is a non-profit organization based in Santa Rosa, providing access to fresh fruits and vegetables to individuals and families in Sonoma County. Their food pantry is open Mon-Fri 12:00 noon to 2:00 PM. Households who register can pick up to 2 grocery bags per month.



Redwood Empire Food Bank (REFB)

The Redwood Empire Food Bank is dedicated to filling in the gap for food insecure households through its robust feeding programs for children, seniors, and families. To learn more about these food programs and how to access emergency food, please visit www.getfood.refb.org.

Food Distribution Sites

There are numerous food pantries across Sonoma County that provide free food and groceries to families and individuals who need the support. Although some pantries have a registration system, their services are free and for all who need it. To access a full list of pantries in your area, visit the Redwood Empire Food Bank's distribution site tool. Scan the QR code to the left to open the tool.



Aliados Health

Partners In Community Health

Contact and Locations

WIC

1450 Guerneville Rd,
Santa Rosa, CA 95403
Mon-Fri 8:00 AM - 5:00 PM
(707) 565-6590
<https://shorturl.at/0yfhp>

F.I.S.H.

1710 Sebastopol Road,
Santa Rosa, CA 95407
Mon-Fri 12:00 Noon - 2:00 PM
707 527-5151
www.fish-of-santa-rosa.org/

REFB

3990 Brickway Blvd.,
Santa Rosa, CA 95403
Mon-Fri 8:00 AM - 4:30 PM
707-525-7903
<https://refb.org/>

Distribution Sites



<https://getfood.refb.org/getfood.html>

09/24/2024

Contact us for more
information



707-789-7308



www.aliadoshealth.org/enrollment/