

PROGRAMS

FOOD DISTRIBUTION

Apply Online at
www.TheArkofRefuge.org



BERKELEY CA - Ark of Refuge staff feeding homeless community for Thanksgiving on Marting Luther King Jr. way.

In an effort to end communal hunger, we attack the root of the problem, hunger. Most bad decisions stem from not having adequate nutrition for proper bodily and brain function. The mission of the food distribution program is to provide inner-city communities with a perpetual sustenance program that is nutritious and reliable. We do this through Senior Hunger Diversion Programs, SNAP Application Assistance, Hot Meals on holidays, and SNAP assistance.

Food Distribution services can be accessed online at www.thearkofrefuge.org/food-distribution.

Programmatic Offerings

1. Food Pantry

The Ark of Refuge distributes groceries through the drive-thru or requests on the 7th of each month. Our locations fluctuate according to the needs of the community. Our primary locations are in Berkeley, CA, Sacramento CA, and Oakland CA. We have recently expanded distribution to include two additional locations in Sacramento County. In order to receive a vegetarian or pescatarian bag, you must register below. Must provide confirmation # to retrieve the bag. If you are not registered online, you will receive a non-perishable bag.

2. Amazon Senior Hunger Diversion

Our Senior Hunger Program provides food-insecure older adults (60 and better) with healthy, supplemental groceries including fresh fruits and vegetables, whole grains, and lean proteins. The program is found around the nation through senior-only pantries, home delivery, and a community meal.

3. Hot Holiday Meals

Not all homeless people sit and wait for a handout. Therefore, We have divided our meal periods into four (4) distributions. The Ark of Refuge distributes, 50 Vegetarian Dinners, and 50 Meat Inclusive Dinners on Valentine's Day, Cinco De Mayo, Thanksgiving, and Christmas at 9702 International Blvd., Oakland CA 94603.

4. SNAP Application Assistance

Through our organization, victims and local service providers receive streamlined assistance in processing SNAP applications through our partnership with Mrelief. To get SNAP benefits, you must apply in the state in which you currently live and you must meet certain requirements.

PROGRAMS

ARK OF REFUGE

Food Distribution Event Schedule

Date	Time	Title	Location	Type
January 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
February 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
February 14 th	4:30 PM	DINNER	500 W CAPITOL MALL SACRAMENTO CA	DINNER
March 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
April 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
May 5 th	9:00 AM	CINCO DE MAYO	500 W CAPITOL MALL SACRAMENTO CA	DINNER
May 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
June 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
July 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
August 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
September 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
October 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
November 7 th	9:00 AM	FOOD PANTRY	9702 INTERNATIONAL BLVD OAKLAND CA 94603	GROCERY
November 24 th	4:30 PM	THANKSGIVING	9702 INTERNATIONAL BLVD OAKLAND CA 94603	DINNER
December 7 th	9:00 AM	FOOD PANTRY	2416 MORaine CIRCLE RANCHO CORDOVA CA	GROCERY
December 25 th	4:30 PM	CHRISTMAS	9702 INTERNATIONAL BLVD OAKLAND CA 94603	DINNER



FOOD PANTRY

9702 International Blvd Oakland Ca 94603

The Ark of Refuge distributes groceries on the 7th of every month through drive-thru or requests. In order to receive a vegetarian or pescatarian bag, you must register online at www.thearkofrefuge.org and provide confirmation to retrieve the bag. If you are not registered, online you will receive non-perishable groceries unless it's a holiday.

Non-Perishable Grocery Bags Include:

Protein2 Can Spam, 1 Can Black Beans
Vegetable Group.....1 can corn, 1 can stewed tomato, 1 can Green Beans
Starch Group.....Flake Potatoes, 16 oz Rice
Dairy Group.....Powdered Eggs
Fruit Group.....Dried Fruit Medley
Beverage.....Powdered Lemonade
SeasoningsIodized salt/Black Pepper, Garlic Powder

Vegetarian Grocery Bags include:

Protein2 Can Refried Beans, 1 Can Black Beans,
Vegetable Group.....Tomato, Onion, Cilantro, 1 Can Corn, Lettuce
Starch Group.....Tortilla Chips,
Dairy Group.....Cheese, Sour Cream, 1/2 dozen eggs
Fruit Group..... Clementines
Beverage.....64 oz Apple Juice
SeasoningsIodized salt/Black Pepper, Garlic Powder

Pescatarian Grocery Bags include:

Protein1 Can Salmon, 2 Can Tuna
Vegetable Group..... Celery, Lettuce, Onion
Starch Group..... 1 Loaf Bread
Dairy Group.....Mayonnaise, 1/2 dozen eggs
Fruit Group..... Clementine, Lemons, Limes
Beverage.....Water
SeasoningsIodized salt/Black Pepper, Garlic Powder

Holiday Grocery Bags Include:

ProteinTurkey or Ham (No Bone)
Vegetable Group.....Bell Pepper, Onion, Garlic, 2 cans Greens Beans
Starch Group.....Flake Potatoes, Stuffing
Dairy Group.....Powdered Milk
Fruit Group.....Cranberry Sauce
Beverage.....Apple Cider
SeasoningsIodized salt/Black Pepper, Garlic Powder, Thyme



Senior Food Assistance Program



Senior Hunger Diversion

Sponsored by Amazon Home Delivery

Hunger takes a severe toll on seniors' health and nutrition - putting them at risk for chronic health conditions like depression, asthma, and diabetes. **Some seniors are more likely to face hunger due to racial and economic inequality.**

The ark of refuge has partnered with Amazon in an effort to support the elderly communities with monthly deliveries. We accept 20 clients per year to receive up to \$200 in grant funds per month for up to 12 months. These funds are available for consumption on Amazon.com. It is the responsibility of the recipient and or caretaker to submit a wish list, via amazon.com to our organization at support@thearkofrefuge.org . Once we receive your wish list it is processed for delivery on the 7th of each month.

[amazon.com](https://www.amazon.com) [amazon.com](https://www.amazon.com) [amazon.com](https://www.amazon.com) [amazon.com](https://www.amazon.com) [amazon.com](https://www.amazon.com)

Applicant Requirements

- Applicants must have a health deficiency that prevents them from shopping independently.
- Must be able to provide proof of income or lack thereof.
- Applicant must live in the State of California

To apply please visit www.TheArkofRefuge.org



JOIN US FOR DINNER

4:30 PM – 6:00 PM

Ages 18 and Up, First Come First Served (Maximum 100)

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HOLIDAYS	DATE	MENU
VALENTINES DAY 500 W CAPITOL MALL SACRAMENTO CA	FEBRUARY 14 TH	Sponsored by Job Corps Fine Dining Culinary Dept. 1 st Course: Shrimp Cocktail or Cheddar Biscuits 2 nd Course: Spring Salad or Broccoli Cheddar Soup 3 rd Course Entree: Shredded Beef Roast w/ Corn & Stewed Tomatoes or Butter Poached Lemon Garlic Tilapia (Sides: Mashed Potatoes, Green Beans)
CINCO DE MAYO 500 W CAPITOL MALL SACRAMENTO CA	MAY 5 TH	Taco Buffet Sponsored by Los Tacos in your Belly of Sacramento Ca Cheese Enchiladas, Beans, and Rice provided by Juans Place of Berkeley CA
THANKSGIVING 9702 INTERNATIONAL BLVD OAKLAND CA	NOVEMBER 24 TH	Turkey, Ham, Grandmas Mac and Cheese, Green Beans, Dressing (Not Stuffing) Biscuits , Hawaiian Rolls and Gravy
CHRISTMAS 9702 INTERNATIONAL BLVD OAKLAND CA	DECEMBER 25 TH	Gumbo Buffet Traditional Gumbo: Chicken Oxtails, Beef Links, Shrimp, Crab Non-Seafood Gumbo: Chicken, Oxtails Beef, Links Seafood Gumbo: Shrimp, Baby Scallops, Cod



SNAP APPLICATION ASSISTANCE

9702 International Blvd Oakland Ca 94603

All of Us Need Help Sometimes. The Ark of Refuge assists communities across the nation, with SNAP application assistance through mRelief. The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores.

To get SNAP benefits, you must apply in the state in which you currently live and you must meet certain requirements.

Simply answer ten questions in five minutes and you will be redirected to the application for your state's program.

APPLY NOW!

www.TheArkofRefuge.org/food-distribution