

# Center for People in Need **RESOURCE HANDBOOK** For Free or Low Cost Food

Updated November 2009



## **Center for People in Need**

3901 North 27th Street Unit 1- Lincoln, NE 68521  
[www.centerforpeopleinneed.org](http://www.centerforpeopleinneed.org)  
476-4357



### **Need help? Don't know where to start?**

To find help with housing, health care, food pantries, childcare, drug or alcohol abuse counseling, mental health issues, aging concerns, and many other human services. Dial 2-1-1 or go to [www.ne211.org](http://www.ne211.org).  
Dial 2-1-1. Trained personnel will answer your call  
(all languages)

# Neighborhood FOOD Program



## Center For People In Need Neighborhood FOOD Program

3901 North 27th St., Unit 1

Lincoln, NE 68521

**476-4357**

Center for People in Need Neighborhood FOOD distributes food and commodities at the following sites on a weekly basis through collaboration with the Food Bank of Lincoln.

**THE FOURTH WEEK OF EVERY MONTH IS  
USDA COMMODITIES ONLY AT ALL LOCATIONS.**

### **Tuesday**

1:00-2:00 p.m. **F Street Community Center**, 1225 F St.

3:00-4:00 p.m. **Matt Talbot Kitchen & Outreach**, 1911 R St.

5:00-6:00 p.m. **Center For People in Need**, 3901 N. 27th St., Unit 1

### **Thursday**

1:00-2:00 p.m. **Malone Community Center**, 2032 U St.

3:00-4:00 p.m. **Oak Lake Evangelical Free Church** 3300 N 1st St.

**You may only receive USDA Commodities once a month. Neighborhood FOOD may be received once a week.**

**For more information please call: (402) 476-4357**



**\*\*Being first in line does not mean you will receive better food. Foods with limited supply will be spread out throughout the hour.**

### Income Guidelines

Size of Household	Current monthly income
1	\$1560
2	\$2100
3	\$2640
4	\$3180
5	\$3720
6	\$4260

# NEIGHBORHOOD FOOD-SAMPLE CALENDAR

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		1	2	3	4	5
		<b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
6	7	8	9	10	11	12
		<b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
13	14	15	16	17	18	19
		<b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
20	21	22	23	24	25	26
		<u><b>USDA All Locations</b></u> <b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<u><b>USDA All Locations</b></u> <b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
27	28	29	30			

# NEIGHBORHOOD FOOD-SAMPLE CALENDAR

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
				1	2	3
				<b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
4	5	6	7	8	9	10
		<b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
11	12	13	14	15	16	17
		<b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
18	19	20	21	22	23	24
		<b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		
25	26	27	28	29	30	31
		<u><b>USDA All Locations</b></u> <b>1:00 p.m.-2:00 p.m.</b> F Street Comm. Center, 1225 F St. <b>3:00 p.m.-4:00 p.m.</b> Matt Talbot Kitchen & Outreach, 1911 R St. <b>5:00 p.m.-6:00 p.m.</b> Center For People In Need, 3901 N. 27th St.		<u><b>USDA All Locations</b></u> <b>1:00 p.m.-2:00 p.m.</b> Malone Community Center 2032 U St. <b>3:00 p.m.-4:00 p.m.</b> Oak Lake Evangelical Free Church, 3300 N. 1st St.		

# Local Food Programs – Weekly

**Family Resource Center** 434-2621

4621 NW 48th St.

**Friends With Food, 5:00-6:00 p.m. Monday.** No application but you do sign in. First three Mondays of each month regular distribution. Fourth Monday is USDA Commodities. No distribution on fifth Mondays.

**Good Neighbor Community Center** 477-4173

2617 Y St.

Perishables are available Monday & Wednesday 10:00 a.m.-12:00 p.m.

**Indian Center** 438-5231

1100 Military Road

Perishables available on Tuesday at 1:00 p.m., and Thursday at 10:00 a.m.

**Northeast Family Center**

**at Havelock United Methodist Church** 471-3700

4140 N. 60th St.

Tuesdays 4:00-6:00 p.m., perishables and non-perishables. USDA Commodities are the **Fourth Tuesday** of each month.

**People's City Mission Distribution Center** 475-6888

2101 N St.

Open Monday-Friday, 9:00-11:30 a.m. and 1:30-4:30 p.m. Closed Wednesday afternoons. **Chicken and bread** available every day. **Canned goods and produce** on Tuesday, Thursday and Friday afternoons. You may pick up food once per week.

**Salvation Army** 474-6263

2625 Potter St.

Perishables available on a walk-in basis. Must sign in and have photo ID and Service Point card. Fridays from 9:30-11:30 a.m. or until gone.

**Friends With Food**

**Carol Yoakum Early Childhood Development Center**

4621 NW 48th St.

Open Mondays, 5:00-6:00 p.m. First four Mondays (No food distribution on any fifth Monday of the month). Fourth Monday of each month, USDA commodities also distributed.

# Federal Supplemental Food Programs

## **Food Stamps**

**471-7000**

1050 N St.

Food Stamp eligibility is based on income, family size, household resources and other factors. Households in Nebraska must have incomes below 133% of the poverty guidelines to be eligible (\$26,600 annually for a family of 4 in 2006). [www.fns.usda.gov](http://www.fns.usda.gov)

## **WIC-Women, Infants and Children**

### **Lincoln-Lancaster County Health Dept.**

**441-6200**

3140 N St.

### **Family Service**

**441-8655**

501 S. 7th St.

WIC is a supplemental nutrition program serving pregnant, breast-feeding, postpartum women, infants and children up to age 5. Eligibility includes incomes up to 185% of the Poverty line (\$37,000 for a family of 4).

Monthly WIC vouchers range from \$33-\$122 per month.

## **Senior Commodity Supplemental Food Program**

**438-5231**

Indian Center

1100 Military Road

Serves Income-eligible elderly 60 years and older or families with children under 6 and not enrolled in the WIC program. Consists of a monthly food package.

Call Monday-Friday 8:00 a.m.-5:00 p.m. **438-5231**.

## **Summer Food Program**

**441-8000**

Lincoln Lancaster County Health Dept.

3140 N St.

Free meals for children age 2-18 at income-eligible community sites. Offered during the summer when reduced fee school lunches are not available.

Call **441-8000** for site information.

# Local Food Programs—Daily Meals

## **The Gathering Place**

**476-7398**

1448 E St.

Free meals served Monday-Friday, 5:00-6:00 p.m. Free meal, bread, coffee, etc. No ID needed.

## **Matt Talbot Kitchen and Outreach**

**477-4116**

1911 R St.

Free meals served seven days a week from 11:30 a.m.-12:30 p.m. and 5:30-6:30 p.m. No ID required. Other services available.

## **People's City Mission**

**475-1303**

110 Q St.

Emergency Shelter provides overnight shelter, three free meals daily, shower and laundry facilities, case management and referrals.

Meal times for **MEN** are:

Breakfast 6:00 a.m., lunch 11:00 a.m., dinner 5:45 p.m.

Meal times for **FAMILIES** are:

Breakfast 6:45 a.m., lunch 11:00 a.m., dinner 6:45 p.m.

## **ActiveAge Centers –Lincoln Area Agency on Aging 441-7158 (Senior Centers)**

Main Office, 1001 O St. Ste. 101, 68508

Noon meals offered at all ActiveAge Centers (nine in Lincoln and five in Lancaster County) on a donation basis for people age 60 and older. Reservations must be made two working days in advance. Call the main office for locations, times and menus. Other services available.

## **Meals on Wheels-Tabitha**

**486-8520**

4720 Randolph St.

Provides hot noon meal to individuals who are elderly or disabled. Meals are provided regardless of ability to pay on a case-by-case basis.


# Local Food Programs –Daily

## Foodnet Sites




Foodnet provides mostly perishable foods such as fruits and vegetables, dairy products, and bread to needy families. Foodnet has more than 400 volunteers and more than 70 businesses that donate food. All food, labor, distribution sites and vehicles for hauling are donated. Anyone that is in need of food is welcome to pick up from any site.

[www.members.cox.net/foodnet/sites](http://www.members.cox.net/foodnet/sites)


### Sunday

- 11:00 am Countryside Trailer Court**   
327 Dawes Circle  
(NO CHILDREN ALLOWED)
- 3:00 pm Capital View SDA Church**  
17th and A (steps, enter from the alley on the north)
- 3:00pm Allen Chapel Outreach Site of the Good Neighbor Center**  
26th and Y  
(Steps, NO CHILDREN ALLOWED)

### Monday

- 10:30 am Calvert Rec Center**   
4500 Stockwell St.  
NO CHILDREN ALLOWED
- 12:00 pm Lincoln Christian Fellowship**   
4111 NW 44th (Airpark)
- 5:00 pm Southview Christian Church**   
22nd and South streets
- 5:00 pm Denton Community Center**  
Denton, NE

### Tuesday

- 10:30 am Calvert Rec Center**   
4500 Stockwell St.  
(NO CHILDREN ALLOWED)
- 5:00 pm Havelock United Methodist Church**  
4140 N. 60th St.  
(No steps, NO CHILDREN ALLOWED)
- 5:00 pm Penecostal Church**  
2441 N. 8th St.
- 6:30 pm Praise Temple**  
130 S. 46th St.  
(No steps)

**All Foodnet  
sites are  
closed on  
Christmas  
Day, Friday,  
December 25**

# Local Food Programs –Daily

## Wednesday

**2:30 pm Center for People in Need**  
3901 N 27th St.



**6:00 pm Cristo Rey Catholic Church**  
42nd and J Streets



## Thursday

**ALL THURSDAY LOCATIONS ARE WHEELCHAIR ACCESSIBLE**

**11:00 am Heartland Bible Church**

2611 S. 56th  
(in parking lot)



**Canceled on Thanksgiving, no reschedule**

**5:00 pm Grace United Methodist Church, 27th and R streets**  
(no steps, NO CHILDREN ALLOWED)

**Closed on Thanksgiving, distribution on Friday**

**5:00 pm Lakeview United Methodist Church**

230 Capitol Beach Blvd

**Closed on Thanksgiving, distribution on Friday**

**5:30 pm Seward United Methodist, 1400 N 5th St., Seward**

**Closed on Thanksgiving, distribution on Friday**

**6:30 pm Calvary United Methodist, 1610 S. 11th (11th and Garfield)**  
(steps, elevator)

**Canceled on Thanksgiving, no reschedule**

## Friday

**11:00 am Heartland Bible Church, 2611 S. 56th**  
(in parking lot)



**11:30 pm Middle Cross Church, 29th and O St.**  
(few steps)

**12:15 pm Grace Chapel PCA Church, 40th and Sheridan Blvd**

**5:30 pm Linden Village Community Building, Milford**

## Saturday

**10:30 am Zion Educational Building, 8th and D streets**

(if warm weather, Foodnet at Cooper Park Shelter)



**11:30 am 7921 Sandalwood Dr. (8/1, 15, 29; 9/12, 26)**  
(private home in garage, NO CHILDREN)

**1:00 pm St. John of Kronstadt Orthodox Church, 28th and Holdrege streets**



**1:00 pm Wanek's Community Center, 14th and Main streets, Crete**

**Bring  
your  
own  
bags or  
box to  
carry  
food  
home**

# Local Food Programs—Monthly

**SHARE Lincoln** is a network of non-profit organizations dedicated to providing affordable, quality food packages on a monthly basis. See monthly food packages at [www.shareiowa.org](http://www.shareiowa.org)

1. Pick one of the locations listed to pick up your food.
2. Call the person to register and pay for your order.
3. Do two hours of volunteer work before you pick up your food.
4. Pick your food up on the date, time and location listed.

Volunteering is any activity you do for free for anyone besides someone who lives with you. So if you call to check on an elderly parent or babysit for grandkids at your house or their house – that counts as volunteering. Baking

for a neighbor or folding laundry for a neighbor would also count. Taking someone to the grocery store or to Neighborhood F.O.O.D. would count as a volunteer activity. Volunteer two hours per month to qualify, and order as many packages as wanted.

## Northeast SHARE

**Contact:** Sharon Doll 464-3068; 2909 N. 56th St., Lincoln, NE 68504

Leave a message and Sharon will call you back. You can mail your order in or take it to Clarice Mackey at the Salvation Army located at 27th and Potter streets. Call first and make sure Clarice is there, 477-9276.

**Pickup is at: 7:45-8:30 a.m., Fourth Presbyterian Church, 5200 Francis St.**

### 2009-10 Pickup Dates All Locations

November 21  
December 19  
January 30  
February 27  
March 27  
April 24  
May 22  
June 26  
July 31  
August 28  
September 25  
October 23  
November 20  
December 18

### Order Deadlines Northeast SHARE

November 4  
December 2  
January 13  
February 10  
March 10  
April 7  
May 5  
June 9  
July 14  
August 11  
September 8  
October 6  
November 3  
December 1

### Order Deadlines Lincoln Center/ LMEP SHARE

November 6  
December 4  
January 15  
February 12  
March 12  
April 9  
May 7  
June 11  
July 16  
August 13  
September 10  
October 8  
November 5  
December 3

## **Local Food Programs—Monthly**

### **Lincoln Center SHARE**

**Contacts:** Kay Roberts, 430-8204; 1815 N. 62nd St., Lincoln, NE 68505  
Glenna Showalter, 805-3656

You may mail a check, made payable to Lincoln Center SHARE, to Kay Roberts, 1815 N. 62nd St Lincoln, NE 68505 before the sign-up deadline or call with your EBT card orders.

**Pickup is at: 9:30-10 a.m., First Christian Church, 430 S. 16<sup>th</sup> St., Alley Door. Deliveries are possible if disabled.**

### **LMEP SHARE**

**Contact: Vi Johnson, cell: 402- 540-6395; home: 488-2923**

Payment may be mailed to Vi Johnson, 8220 Elizabeth Drive, Lincoln, NE 68505 before the order deadline.

**Pickup is at: 9:00-9:30 a.m., 4600 Valley Road.**

## **Local Food Programs—Seasonal**

### **Community Crops**

**474-9802**

**Contact: Ingrid Kirst or Diane Nelson**

Community crops is a group that manages all the community garden initiatives in the city of Lincoln. We provide tools (rakes, hoes, shovels seeds, resources and the garden space to grow your own healthy food. For more information check out our web site:

**<http://www.communitycrops.org>**

**E-mail: [ingrid@communitycrops.org](mailto:ingrid@communitycrops.org) or [diane@communitycrops.org](mailto:diane@communitycrops.org)**

# Food Program—Monthly

## Angel Food Ministries

421-9500

Lincoln City Church  
5001 S. 1st St.

Once a month, you can purchase boxes of fresh meats, fresh or frozen fruits and vegetables and non-perishable items. Menu varies from month to month. The food is always fresh, name brand products.

No application required. Everyone qualifies.

Cost is \$31 for a “Regular box.” Value of the food is approximately \$65-75 each month. Special boxes also offered each month.

FOOD STAMPS OR CASH ACCEPTED.

PAYMENT IN FULL REQUIRED WHEN ORDER IS PLACED.

Call Lincoln City Church for more information.

To order a food box go to the church at 5001 S. 1st St. 9 a.m.-4 p.m. Tuesday, Thursday and Friday, and 10 a.m.-4 p.m. Wednesday.

# Local Food Programs –Emergency

## **Emergency Food Pantry System/Food Bank of Lincoln**

Provides seven-day food supply for individuals or families in crisis through twelve emergency food pantries. Call the following Agencies for assistance:

### **Catholic Social Services**

**474-1600**

2241 O St.

Call in one day in advance for a seven-day Emergency Food Box. First six applications are accepted. You must have a Social Security number for all family members, date of birth and complete a one-time application. You may receive a food box once every three months. Clothing vouchers for Thrift Store are also available. Call Monday through Friday beginning at 10:00 a.m. No delivery is available.

### **Indian Center**

**438-5231**

1100 Military Road

Call 8 a.m.-5 p.m. Monday-Friday for an appointment to receive a seven-day Food Box. Eligible to pick up every three months. Must bring Social Security numbers for all members of household every time you pick up.

### **Good Neighbor Community Center**

**477-4173**

2617 Y St.

Appointments needed, call first. Begin taking calls at 9:00 a.m. Hours for food boxes are 10:00 a.m.-2:00 p.m. Monday-Friday. May pick up once a month. First time must complete application, must have Social Security numbers for all members of household and proof of income each time. Special needs boxes available. Everyone must have a client card.

### **El Centros de Las Americas**

**474-3950**

2032 U St.

Monday-Friday 9 a.m.-5 p.m. Walk in or call.

# Local Food Programs –Emergency

**Lincoln Information for the Elderly** 441-7070

**Nebraska Aids Project** 476-7000

Help available only for those with AIDS and HIV

**Nebraska Health & Human Services** 471-5185

**People's City Mission Distribution Center** 475-6888

2101 N St.

Hours are 9 a.m.-noon and 1-4 p.m. Monday-Friday, closed on Wednesday afternoons. **Emergency Food Boxes** are available as well as other services. Requires proof of income and ID for each member of the household. Food boxes are available every three months, other services once a month. **Provides bread, produce and perishable food distributed daily (you are allowed to pick up once per week-one per household).**

**The Salvation Army** 474-6263

2625 Potter St.

Hours for Food Boxes are Monday-Friday 1:00-4:00 p.m. on a walk-in basis. Must have photo ID, Social Security numbers for all household members and address verification (bill,letter,etc.). Eligibility is once every two months.

**Veteran's Center** 476-9736

Services for veterans only.

# Resource Books

## Other resource books available:

- Yellow Book-Medical Services-Free or low cost
- Gold Book-Food-Free or low cost
- Orange Book-Services for the near homeless and homeless
- Green Book-Rides for \$7.50
- Purple Book-Healthy Living
- Pink Book-Miscellaneous Services-Free or low cost
- Blue Book-Children's Services-Free or low cost

Also available in Russian, Spanish and Arabic.



3901 North 27th Street Unit 1

Lincoln, NE 68521

[www.centerforpeopleinneed.org](http://www.centerforpeopleinneed.org)

402-476-4357



The mission of the Center for People in Need is to enhance opportunities for families and youth as they address socio-economic barriers limiting their paths to success.

*3901 North 27th Street Unit 1  
Lincoln, NE 68521  
www.centerforpeopleinneed.org  
402-476-4357  
Fax: 402-476-4358*

*Beatty Brasch  
Executive Director*

*Deb Daily  
Director of Operations*

This handbook was prepared by the Center for People in Need for the Neighborhood FOOD program. Please call the number above to add, update or remove information.

The Center for People in Need is a 501 (c)(3) organization and all contributions are tax deductible.

Updated October 2009