

Center for People in Need
RESOURCE HANDBOOK
For Free or Low
Cost Food
Updated October 2011



Center for People in Need

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

Need help? Don't know where to start?

There are two resources for help:
The Center for People in Need's Referral and Information Program can help you find resources for food, medical care and a variety of other needs. **Call: 402-476-4357**



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.

Trained personnel will answer your call

Neighborhood FOOD Program



Center For People In Need Neighborhood FOOD Program

3901 North 27th St., Unit 1

Lincoln, NE 68521

402-476-4357

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.

4:00-6:00 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.**



2011 Income Guidelines

Size of Household	Current monthly income
1	\$1361
2	\$1839
3	\$2316
4	\$2794
5	\$3271
6	\$3749

NEIGHBORHOOD FOOD-SAMPLE CALENDAR

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

NEIGHBORHOOD FOOD-SAMPLE CALENDAR

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

Local Food Programs – Weekly

Family Resource Center

402-434-2621

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

402-477-4173

2617 Y St.

Perishables available on Mondays and Wednesdays from 10:00 a.m. until the food is gone. Food boxes are available at 9:00 every Monday-Thursday, limited to 12 appointments, limited to one per family every 30 days. Required to obtain a Blue Card: photo identification, latest income (SSI proof or pay stub) and utility bill.

Indian Center

402-438-5231

1100 Military Road

Perishables available Tuesdays at 1:00 p.m. and Thursdays at 10:00 a.m.

Jacob's Well

17th and F streets

Food hand out held on the first and third Saturday of the month from 10:00-11:30 a.m. at First Presbyterian Church, 17th and F streets. No identification necessary, sign in only.

Northeast Family Center

at Havelock United Methodist Church

402-471-3700

4140 N. 60th St.

Tuesdays 4:30-6:00 p.m., perishables and non-perishables. USDA Commodities are the **Fourth Tuesday** of each month.

People's City Mission Distribution Center

402-475-6888

2101 N St.

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

Federal Supplemental Food Programs

Food Stamps

402-471-7000

1050 N St.

Food Stamp eligibility is based on income, family size, household resources and other factors. Households in Nebraska must have incomes below 130% of the poverty guidelines to be eligible (\$2,389 gross monthly income for 2010). Application assistance and free computer use for online applications are available at the Center for People in Need, 3901 N. 27thSt., Unit 1. www.fns.usda.gov

Senior Commodity Supplemental Food Program

402-438-5231

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.

402-438-5231

Summer Food Program

402-441-8000

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.

WIC-Women, Infants and Children

Lincoln-Lancaster County Health Dept.

402-441-6200

3140 N St.

Family Service

402-441-8655

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.

Local Food Programs-Daily Meals

ActiveAge Centers–Lincoln Area Agency on Aging (Senior Centers)

Main Office, 1001 O St. Ste. 101

402-441-7158

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.

The Gathering Place

402-476-7398

1448 E St.

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

Indian Center

402-438-5231

1100 Military Rd.

Lunch served Monday-Friday at 11:30 a.m.

Matt Talbot Kitchen and Outreach

402-477-4116

2121 N. 27th 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.

Meals on Wheels-Tabitha

402-486-8520

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.

People's City Mission

402-475-1303

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.

Salvation Army Canteen

402-474-6263

1448 E St.

Dinner served Saturday at 5:00 p.m., October through April only.

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.foodnetlincoln.org, cell phone: 416-6197. **NO SITES ON CHRISTMAS DAY.**


Sunday


11:00 a.m. Countryside Trailer Court, 327 Dawes Circle
(NO CHILDREN ALLOWED)

3:00 p.m. Good Neighbor Center, 26th and Y
(Steps, NO CHILDREN ALLOWED)
Enter from the alley on the north

3:30 p.m. Capital View SDA Church, 17th and A 
(steps, enter from the alley on the north)

Monday

10:30 a.m. Calvert Rec Center, 4500 Stockwell St. (Sept.-May)
NO CHILDREN ALLOWED 
(Trinity Baptist, 40th and LaSalle, June-Aug.)

12:00 p.m. Lincoln Christian Fellowship 
4111 NW 44th (Airpark)

5:00 p.m. Southview Christian Church, 22nd and South streets

5:00 p.m. Denton Community Center, Denton, NE 

Tuesday

5:00 p.m. Havelock United Methodist Church, 4140 N. 60th St.
(No steps, NO CHILDREN ALLOWED)

5:00 p.m. Church of Christ, 3110 N. 1st St.
(No steps)

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

Local Food Programs—Daily

Wednesday

2:30 p.m. Center for People in Need

3901 N 27th St., Door #2, no steps, no children in the line; sign in at 2:00 p.m.



5:30 p.m. Cristo Rey Catholic Church

4221 J St.



Thursday

ALL THURSDAY LOCATIONS ARE WHEELCHAIR ACCESSIBLE

11:00 a.m. Heartland Bible Church

2611 S. 56th (in parking lot) — Thanksgiving, cancelled.



3:30 p.m. Grace United Methodist Church, 27th and R streets

(no steps, NO CHILDREN ALLOWED) — Thanksgiving, held on Friday



5:00 p.m. Lakeview United Methodist Church

230 Capitol Beach Blvd — Thanksgiving, held on Friday



5:30 p.m. Seward United Methodist, 1400 N 5th St., Seward — Thanksgiving, cancelled.



6:30 p.m. Calvary United Methodist, 1610 S. 11th (11th and Garfield)

(steps, elevator) — Thanksgiving, held on Friday



Friday

11:30 a.m. One 80 Church, 29th and O St.

(few steps, enter alley off of 29th St.)

12:15 p.m. Grace Chapel PCA Church, 40th and Sheridan Blvd

5:30 p.m. Fire Hall, Milford

Saturday

10:30 a.m. First Street Church, 1st and F streets

11:25 a.m. 7921 Sandalwood Dr. (alt. Saturdays, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17, 12/31) (private home in garage, NO CHILDREN)

1:00 p.m. St. Mary's Catholic Church, 14th and K streets



1:00 p.m. Wanek's Community Center, 14th and Main streets, Crete



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

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 volun-

teering. 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.

<u>2011 Pickup Dates</u> <u>All Locations</u>	<u>Order Deadlines</u> <u>Northeast SHARE</u>	<u>Order Deadlines</u> <u>Lincoln Center/</u> <u>LMEP SHARE</u>
January 22	January 5	January 7
February 19	February 2	February 4
March 19	March 2	March 4
April 16	March 30	April 1
May 21	May 4	May 6
June 25	June 8	June 10
July 23	July 6	July 8
August 27	August 10	August 12
September 24	September 7	September 9
October 22	October 5	October 7
November 19	November 2	November 4
December 17	November 30	December 1

Northeast SHARE

Contact: Sharon Doll 402-464-3068; 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, 474-6263.

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

Local Food Programs–Monthly

Lincoln Center SHARE

Contacts: Kay Roberts, 430-8204, 1815 N. 62nd St., Lincoln, NE 68505; or Glenna Showalter, 402-805-3656

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: 9:00-10:00 a.m., First Christian Church, 430 S. 16th St., Alley Door. Deliveries are possible if disabled.

LMEP SHARE

Contact: Vi Johnson, cell: 402-540-6395

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

Pickup is at: 8:30-9:00 a.m., 4600 Valley Road.

Angel Food Ministries

402-421-9500

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. To order a food box go to the church 10:00 a.m.-4:00 p.m. Tuesday. Cost is \$30 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. CREDIT AND DEBIT
ONLINE.
PAYMENT IN FULL REQUIRED WHEN ORDER IS PLACED.**

Call Lincoln City Church or go to www.lincolncitychurch.org for more information.

Local Food Programs–Seasonal

Community Crops

402-474-9802

Community Crops is a group that manages community garden initiatives in the city of Lincoln. We provide tools (rakes, hoes, shovels, seeds, resources, education and the garden space to grow your own healthy food. For more information, website: www.communitycrops.org or e-mail: amy@communitycrops.org

Local Food Programs –Emergency

Food Bank Backpack Program

The Food Bank of Lincoln provides backpacks of food to students in 27 Lincoln Public Schools, five Lincoln Catholic schools and several communities in Southeast Nebraska. Each school determines who gets the backpacks, with an emphasis on children enrolled in the free and reduced lunch program. Contact your child's school principal if interested in receiving a backpack.

Participating Lincoln elementary schools: Arnold, Belmont, Brownell, Calvert, Campbell, Clinton, Elliott, Everett, Hartley, Holmes, Huntington, Lakeview, McPhee, Meadow Lane, Norwood Park, Pershing, Prescott, Randolph, Riley, Roper, Saratoga, West Lincoln. **Participating middle schools:** Culler. **Participating high schools:** Bryan Community, Lincoln High (teen parents program participants only), Northeast (teen parents program participants only), North Star (limited number available). **Participating Catholic schools:** St. Mary's, Sacred Heart, Blessed Sacrament, St. Patrick's, St. Teresa. **Participating rural schools:** Beatrice, Bennet, Crete, Elmwood-Murdock, Exeter, Fairbury, Falls City, Milford, Norris, Raymond Central, Seward, Stromsburg, Syracuse, Utica, Waverly, York.

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

402-474-1600

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 9:00 a.m.-12:00 p.m. No delivery is available.

Indian Center

402-438-5231

1100 Military Road

Call 8:00 a.m.-5:00 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

402-477-4173

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.

LPS Emergency Pantry

Lefler Middle School portable, 1100 S. 48th St.

Sponsored by the Food Bank of Lincoln and Lincoln Public Schools, the LPS Emergency Pantry is a resource for families to use who are experiencing a food crisis, up to five times a year. Any LPS family in need should contact the principal or social worker at the school their student attends to obtain a referral card. Pantry is open from 3:30-5:00 p.m. Monday, Wednesday, Friday only when school is in session.

Food Program—Monthly

Indian Center

402-438-5231

1100 Military Road

Commodity Program for ages 60 and over, age 6 and under, pregnant women to 12 months after birth. Forty pounds of food available once a month.

Lincoln Information for the Elderly

402-441-7070

Nebraska Aids Project

402-476-7000

Help available only for those with AIDS and HIV

Nebraska Health & Human Services

402-471-5185

People's City Mission Distribution Center

402-475-6888

2101 N St.

Hours are 9:00 a.m.-noon and 1:00-4:00 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).**

Salvation Army

402-474-6263

2625 Potter St.

Clients choice shopping Monday, 1:00-4:00 p.m. and 5:00-8:00 p.m.; Tuesday-Friday, 1:00-4:00 p.m. Photo identification and Social Security number required. Clients are eligible to receive food one time a month.

Veteran's Center

402-476-9736

Services for veterans only.

CFPIN Resources



Don't know where to go for free and low-cost resources?

Call CFPIN's Information and Referral Program at

402-476-4357

Resource Handbooks 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

Computer Lab

The Center for People in Need's computer lab is open to the public on Tuesdays from 4 p.m.-8 p.m. and Saturdays from 9 a.m.-2 p.m.

By using the computer lab, you can use the internet, fill out Health and Human Services applications, and work on job skills such as typing practice, Microsoft Office programs, English as a Second Language learning and GED preparation courses through Class.com.



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 2011