



# Hawaii Foodbank Kauai Food Assistance Handout

Updated 4/29/2022 @ 9:00am

Hawaii Foodbank Kauai  
4241 Hanahao Pl, Ste 101  
Lihue, HI 96766  
808-482-2224

During this time this list is constantly changing and is updated on our website @ <https://hawaiifoodbank.org/kauai/>

### Our Mission Statement

The people of Hawaii are one ohana. The Hawaii Foodbank provides food so that no one in our family goes hungry. We work to gather food and support from our communities. We then distribute food through charitable agencies to those in need. Our mission is from the heart, and we will fulfill our mission with integrity, humanity and aloha.

The Hawaii Foodbank stores mass quantities of food in our warehouses so that it can be distributed through our 501(c)(3) non-profit partner agencies. Please see below a list of organizations that are able to help you through this difficult time (**please note that days and times may change without notice.**) If you need general help, please call 211 and they can direct to other services.

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

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

### Food Pantries

Location Name	Location	Area	Days of Operation	Hours of Operation
Anahola Beach Park	Anahola Beach Park (across entrance) 808-826-6481	Anahola	Wednesday	10:30am until Pau
Eleele Baptist Church	339 Mehana Rd, Eleele, HI 96705 808-332-5906	Eleele	Second Saturday (drive through)	7:00am until Pau
St. William Church	5292-A Kuhio Hwy, Hanalei, HI 96714 808-346-2850	Hanalei	Thursday	4:00pm-6:00pm
Holy Cross Church	2-2370 Kaumuali'i Hwy, Kalaheo, HI 96741	Kalaheo	First Friday	4:00pm-5:00pm
Hanapepe Salvation Army	4465 Puolo Rd, Hanapepe, HI 96716 808-335-5441	Hanapepe	Monday, Wednesday & Friday (Call for emergency food)	Monday 5:00 - 6:00pm Friday 11:00am - 1:30pm
Hale Ho'omaluu	41112 Kuhio Hwy, Kapaa 96746 808-821-2520	Kapaa	Tuesday & Wednesday	Tuesday 1:00pm - 4:00pm Wednesday 12:00pm - 3:00pm

Location Name	Location	Area	Days of Operation	Hours of Operation
Kapaa Missionary Church	4-758 Kuhio Hwy, Kapaa, HI 96746 808-822-5594	Kapaa	Saturday	4:00-5:00pm
St. Catherine Parish	5021 Kawaihau Rd, Kapa'a, HI 96746 808-822-7900	Kapaa	Saturday	11:30am - 1:00pm
Westside Christian Center - Assembly of God	8041 Kekaha Rd, Kekaha, HI 96752 808-634-7040	Kekaha	Fourth Thursday	10:00am
Anaina Hou	5-2723 Kuhio Hwy, Kilauea, HI 96754 970-618-8889	Kilauea	Saturday	1:00pm - 3:00pm
Lihue Salvation Army	4182 Hardy St, Lihue, HI 96766 808-245-2571	Lihue	Wednesday	11:00am - 12:00pm
King's Chapel	3-3975 Kuhio Hwy, Lihue, HI 96766 808-639-0252	Lihue - Hanamaulu	Second & Fourth Tuesday	4:30pm
Kauai Bible Church	2-4131 Kaumualii Hwy, Koloa, HI 96756 808-742-7514	Omao	Sunday	12:00pm - 12:30pm
Church of the Pacific	4520 Kapaka Rd, Princeville, HI 96722 808-826-6481	Princeville	Wednesday	1:00pm - 2:30pm
Church of the Pacific	Ho'omana Grocery Assistance	Kapaa	Friday	2:00-5:00pm
St. Raphael's Church	3011 Hapa Road, Koloa, HI 96756	Koloa	3rd Thursday	4:30-6:00pm
Nana's House (Child & Family Service)	9875 Waimea Rd, Waimea, HI 96796 808-338-0252	Waimea	Monday, Wednesday & Thursday	Monday 2:00pm - 4:00pm Wednesday 9:00am - 11:00am and 1:00pm - 4:00pm Thursday 1:00pm - 4:00pm 2nd and 4th Thurs. 5:00 - 7:00pm

**Prepared Meals - Soup Kitchens**

Location Name	Location	Area	Days of Operation	Hours of Operation
Hanapepe Salvation Army	4465 Puolo Rd, Hanapepe, HI 96716 808-335-5441	Hanapepe	Monday Dinner Friday bag distribution 10:00am	Monday 5:00pm Wednesday-Friday 11:00am-12:30pm
Kapaa Missionary Church	4-758 Kuhio Hwy, Kapaa, HI 96746 808-822-5594	Kapaa	2nd and 4th Saturday	4:00pm
Calvary Chapel Lihue	3-3100 Kuhio Hwy, Lihue, HI 96766 808-652-4831	Lihue	Last Friday Monthly	5:00pm
Lihue Salvation Army	4182 Hardy St, Lihue, HI 96766 808-245-2571	Lihue	Tuesday & Thursday	11:00am - 12:00pm

Shelf-Stable Foods	Shelf Life After Code Date
<b>Baby Food</b>	
Cereal: dry mixes	Expiration date on package
Food in Jars, cans	Expiration date on package
Formula	Expiration date on package
Juice	1 year
<b>Canned Food</b>	
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
<b>Condiments, Sauces, Syrups</b>	
UHT milk	
Broth: beef, chicken or vegetable	
Soup	
Fruits	
Vegetables	
<b>Condiments, Sauces, Syrups</b>	
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
<b>Condiments, Sauces, Syrups (continued)</b>	
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
<b>Dry Goods</b>	
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
<b>Dry Goods (continued)</b>	
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
<b>Shelf -Stable Beverages</b>	
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
<b>Shelf -Stable Beverages (continued)</b>	
Water	indefinite: store in cool, dark place away from chemicals
Water, flavored	indefinite: store in cool, dark place away from chemicals