



Hawaii Foodbank, Inc.

Food Assistance Handout

Updated 7/8/2022 @ 3:00 p.m.

During this time this list is constantly changing and is updated on our website @ www.hawaiifoodbank.org/emergency-assistance

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 Pantry

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
Achieve Zero @ St. John Apostle & Evangelist Church	95-370 Kuahelani Ave. Mililani, HI 96789	(808) 379-2532	Central Oahu	Last Tuesday	9:00am to 12:00pm
Aiea 7th Day Adventist Church	99-005 Moanalua Rd. Aiea, HI 96701	(808) 488-9855	Central Oahu	Saturdays or Call (808) 488-9855 to set up an appt	8:00am - 9:00am By appt only
Armed Services YMCA (JBPHH)	1260 Pierce St. Ste. 145 Pearl Harbor, HI 96860	(808) 473-3398	Central Oahu	Monday - Friday	7:30am - 3:30pm Base Access Required

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
Armed Services YMCA (Wheeler)	1262 Santos Dumont Ave Bldg. 122 Wahiawa, 96786	(808) 624-5645	Central Oahu	Monday - Friday	7:30am - 3:30pm Base Access Required
Calvary Chapel Pearl Harbor	94-1044 Waipio Uka St. Waipahu, HI 96797	(808) 372-6753 or (808) 295-1669	Central Oahu	1st Saturday	8:00am - 10:00am
First Assembly of God - Red-Hill	3400 Moanalua Rd. Honolulu, HI 96819	(808) 836-2300	Central Oahu	On call 7 days a week, call (808) 836- 2300 to set up an appt	7:00am - 5:00pm
First Assembly of God Wahiawa	300 Wilikina Dr. Wahiawa, HI 96786		Central Oahu	Sundays	6: 00am - 8:00pm
New Life Body of Christ Christian Church	74 S. Kamehameha Hwy. Wahiawa, HI 96786	(808) 622-6650	Central Oahu	Tuesdays & Thursdays	9:00am - 12:00pm
Our Lady of Sorrows	1403 California Ave. Wahiawa, HI 96786	(808) 621-5109	Central Oahu	Last Saturday	9:00am - 11:00am
St Timothy's Episcopal Church	98-939 Moanalua Rd. Aiea, HI 96701	(808) 488-5747	Central Oahu	1st, 3rd & 5th Tuesday 2nd & 4th Tuesday	4:00pm - 6:00pm 4:30pm - 6:00pm
St. Elizabeth Catholic Church	99-312 Moanalua Rd. Aiea, HI 96701	(808) 487-2414	Central Oahu	Thursdays	5:00pm - 6:00pm
Surfing the Nation	64 Ohai St. Wahiawa, HI 96786		Central Oahu	Wednesdays, Thursdays & Saturdays	1:00pm - 3:00pm
Wahiawa 7th Day Adventist Church	1313 California Ave. Wahiawa, HI 96786	(808) 622-3440	Central Oahu	Last Sunday	9:00am - 11:00am
Waipahu Seventh-Day Adventist	94-902 Awanei St. Waipahu, HI 96797		Central Oahu	3rd Sunday	1:00pm - 3:00pm
Angel Network Charities	5339 Kalaniana'ole Hwy. Honolulu, HI 96821	(808) 377-1841	East Honolulu	Fridays	*Closed for the month of July 2022 DRIVE THRU ONLY 10:00am - 12:00pm

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
Kapiolani Community College - Pohukaina Food Pantry	4303 Diamond Head Rd. `iliahi 231 Honolulu, HI 96816		East Honolulu	Thursdays	*Closed until 8/31/22 2:00am - 5:00pm
Waikiki Community Center	310 Paoakalani Ave. Honolulu, HI 96816	(808) 923-1802	East Honolulu	Tuesdays	1:00pm - 3:00pm
Abundant Grace Church	702 Puuhale Rd. Honolulu, HI 96819	(808) 200-1177	Honolulu	Wednesdays	10:00am - 12:00pm
Cedar Assembly of God	620 Waipa Lane Honolulu, HI 96817	(808) 379-0257	Honolulu	Sundays	10am - 11am
Church of Christ at Pearl Harbor	515 Main Street Honolulu, 96818	(808) 422-7033	Honolulu	Call (808) 422-7033 to set up an appt	By appt only
Church of God Prophecy @ Stevenson Rec Center	1202 Prospect Street Honolulu, HI 96822	(808) 741-0745	Honolulu	2nd Sunday	10am - **While Supplies Last**
First United Methodist Church	1020 S. Beretania Street Honolulu, HI 96814	(808) 522-9555	Honolulu	Mondays	2:00pm - 4:00pm
Fountains of The Living Water	2412 Rose St., #100 Honolulu, HI 96819		Honolulu	2nd & 4th Saturdays	8:00am - 10:00am
Full Gospel of Oahu	1680 Kapiolani Blvd Honolulu, HI 96814	(808) 942-0854	Honolulu	Sundays	8:30am - 1:00pm
Gregory House Programs @ First Baptist Church	1313 Pensacola Street Honolulu, HI 96814	(808) 592-9048	Honolulu	2nd Tuesdays	9am - **While Supplies Last**
Hawaiian Humane Society (FOR PET FOOD)	2700 Waiialae Ave. Honolulu, HI 96826	(808) 356-2222	Honolulu	Monday - Friday Saturday - Sunday	11:00am - 7:00pm 10:00am - 4:00pm Holiday hours vary
Honolulu Fil-am S.D.A Church	2232 Kanealii Ave. Honolulu, HI 96813		Honolulu	1st & 3rd Sunday	9:00am - 1:00pm
New Hope International Ministries @ Pacific Rim Christian University	2223 Hoonee Street Honolulu, HI 96819	(808) 842-4242 ext. 327	Honolulu	3rd Saturday or Call (808) 842-4242 ext. 327	8:00am - 10:00am Call during <i>Business Hours</i> <i>Only</i>

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
Olivet Baptist Church	1775 S Beretania St. Honolulu, HI 96826	(808) 946-6505 (808) 306-6611	Honolulu	Last Saturday or Call (808) 946-6505 or (808) 306-6611 to set up an appt	9:00am - 11:00am By appt only
Palama Settlement	810 N. Vineyard Blvd. Honolulu, HI 96817	(808) 848-2528	Honolulu	Call (808) 848-2528 to set up an appt the day before.	9:00am - 11:00am by appt only
Parents And Children Together- KPT Family Center	1485 Linapuni St. Suite 103 Honolulu, HI 96819	(808) 841-6177	Honolulu	Monday, Wednesday, Friday	9:00am - 3:00pm
Parish Of St Clement's	1515 Wilder Ave. Honolulu, HI 96822		Honolulu	Wednesdays or 3rd Saturday	10:00am - 2:00pm 11:30am - 12:30pm
River of Life Mission	101 N. Pauahi St. Honolulu, HI 96817		Honolulu	2nd & 4th Friday	10:30am - 3:00pm
Salvation Army - Family Services Office	296 N Vineyard Blvd. Honolulu, HI 96817	(808) 521-6551	Honolulu	Mondays & Wednesdays	12:30pm - 2:30pm
St. Elizabeth's Episcopal Church	720 North King St. Honolulu, HI 96817		Honolulu	Monday - Saturday	8:00am - 12:00pm
St. John the Baptist Catholic Church	2340 Omilo Ln. Honolulu, HI 96819	(808) 845-0984	Honolulu	Wednesdays (except for the 2rd Wednesday)	11:00am - 1:00pm
St. Pius X Parish	2821 Lowrey Ave. Honolulu, HI 96822	(808) 988-3308	Honolulu	Tuesdays, Wednesdays & Fridays	10:00am - 11:30am
Su Gran Alabanza	701 N King St. Honolulu, HI 96817	(808) 843-8082	Honolulu	Wednesdays	10:30am - 12:00pm
Susannah Wesley Community Center	1117 Kaili St. Honolulu, HI 96819	(808) 847-1535	Honolulu	Tuesdays & Thursdays	12:00pm - 2:00pm

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
The Pantry by Feeding Hawaii Together	2522 Rose St. Honolulu, HI 96819	(808) 888-0778	Honolulu	By appointment only. Register and shop online at thepantry.org	*Closed 7/15/22-7/22/22 Pre-order at thepantry.org and receive a confirmation email with pick up date/times.
City of Refuge Church	94-897 Waipahu Street Waipahu, HI 96797	(808) 677-5677	Leeward Coast	1st & 3rd Friday	3:30pm - 4:30pm
Immaculate Conception Church	91-1298 Renton Rd. Ewa Beach, HI 96706	(808) 681-3701	Leeward Coast	Fridays	4:30pm - 6:30pm
Inspire Church	94-877 Lumiaina Street, Bldg 12 Waipahu, HI 96797	(808) 677-8844	Leeward Coast	Tuesday - Friday by appt only	10am - 2pm by appt only
Ka Hana O Ke Akua UCC	86-311 Lualualei Hmstd. Rd. Waianae, HI 96792	(808) 696-5652	Leeward Coast	On call 7 days a week by appt. 696-5652	6:00am - 10:00pm by appt only
Nanaikapono Protestant Church	89-235 Pua Ave. Waianae, HI 96792	(808) 668-1184	Leeward Coast	3rd Monday or by appt	8:00am - 10:00am call (808) 668-1184
New Hope Kapolei Ministry Center	94-199 Leonui St. Waipahu, HI 96797	(808) 680-9669	Leeward Coast	3rd Saturday	8:00am - 10:00am
Our Lady of Kea'au	Kea'au Hmstds. Rd. Waianae, HI 96792	(808) 696-7255	Leeward Coast	3rd Friday	10:00am - 2:00pm
Our Lady of Perpetual Help	91-1004 North Rd. Ewa Beach, HI 96706	(808) 689-8681	Leeward Coast	Last Friday or Monday - Friday	8:00am - **While Supplies Last** 9:00am-12:00pm
Paradise Chapel	87-125 Maipalaoa Rd. Waianae, HI 96792	(808) 668-1588	Leeward Coast	Wednesdays	7:00am - 9:00am
St. Joseph Church	94-675 Farrington Highway Waipahu, HI 96797	(808) 676-3493	Leeward Coast	2nd Tuesday or by appt	2:30pm - 5pm call (808) 676-3493
St. Jude Catholic Church	92-455 Makakilo Dr. Kapolei, HI 96707		Leeward Coast	Tuesdays and Thursdays	3:30pm - **While Supplies Last**

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
St. Rita's Church	89-318 Farrington Highway Waianae, HI 96792	(808) 668-7833	Leeward Coast	Monday & Wednesday	9:30am - 11am
Waianae Baptist Church	85-131 Ala Hema St. Waianae, HI 96792		Leeward Coast	Wednesdays	9:00am - 12:00pm
Waianae Wags	85-786 Farrington Highway Waianae HI 9679	(808) 754-7187	Leeward Coast	2nd & 4th Saturdays Please call (808) 754-7187 for an appt	10:00am - 12:00pm By appt only
Jesus Is Alive Fellowship	66-405 Waialua Beach Rd. Haleiwa, HI 96712	(808) 754-5949	North Shore	Sundays	2:30pm - 3:30pm
Private Sector Hawaii	P. O. Box 1109 Haleiwa, HI 96712	(808) 638-9627	North Shore	Call for Monday Delivery	1:00pm - 5:00pm (Delivery Time)
St. Michael Parish Outreach	67-340 Haona St. Waialua, HI 96791	(808) 637-4040	North Shore	2nd & 4th Monday or by appt	8:30am - 10:30am call (808) 637-4040
Sunset Beach Christian Church	59-578 Kamehameha Highway Haleiwa, HI 96712	(808) 638-0019	North Shore	Tuesdays	12:00pm - 2:00pm
Armed Services YMCA (MCBH)	455 Bingham Way Kailua, HI 96734	(808) 254-4719	Windward Coast	Monday - Friday	7:30am - 3:30pm Base Access Required
Central Union Church Windward	38 Kaneohe Bay Dr. Kailua, HI 96734		Windward Coast	Wednesdays	10:00am - 11:00am
KEY Project	47-200 Waihee Rd. Kaneohe, HI 96744	(808) 239-5777	Windward Coast	Monday - Friday	9:00am - 3:00pm
Our Lady of Mount Carmel Church	48-422 Kamehameha Hwy. Kaneohe, HI 96744	(808) 239-9269	Windward Coast	Wednesdays	10:00am - 12:00pm
St. Ann's Church	46-129 Haiku Rd. Kaneohe, HI 96744	(808) 247-0392 ext. 128	Windward Coast	Monday - Friday By Appointment	1:00pm By appt only
St. Anthony's Outreach	114 Makawao Street Kailua, HI 96734	(808) 266-2227	Windward Coast	Tuesdays & Thursdays	9am - 12pm
St. Mark Lutheran Church	45-725 Kamehameha Hwy. Kaneohe, HI 96744	(808) 247-4565	Windward Coast	Saturdays	8:00am - 10:00am

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
The Salvation Army - Kaneohe	45-175 Waikalua Rd. Kaneohe, HI 96744	(808) 235-1408	Windward Coast	Tuesdays	9:00am - 12:00pm
Windward Baptist Church	47-528 A Kamehameha Hwy. Kaneohe, HI 96744	(808) 239-6917	Windward Coast	Tuesday, Thursday & Friday	11:00am - 12:00pm

Prepared Meals - Soup Kitchens

Location Name	Location	Phone #	Area	Days of Operation	Hours of Operation
St. Timothy's Episcopal Church	98-939 Moanalua Rd. Aiea, HI 96701	(808) 488-5747	Central Oahu	2nd & 4th Tuesday	4:30pm - 6:00pm
First Assembly of God Red Hill	3400 Moanalua Rd Honolulu, HI 96819		Honolulu	Every Sunday after each service First service at 8:00 am Second service at 10:15 am	After first service 10:00am - 10:30am After second service 12:00pm - 12:30pm
Institute for Human Services	350 Sumner St. Honolulu, HI 96817	(808) 447-2800	Honolulu	Daily	Breakfast: 7am – 9am Lunch: 11am – 1pm Dinner: 5pm – 7pm
River of Life Mission	101 N Pauahi St. Honolulu, HI 96817		Honolulu	Monday - Friday	Breakfast 8:00am - 10:30am Lunch 12:30pm - 2:30pm Dinner 7:00pm - 8:00pm
Salvation Army: Camp Homelani @ Kauluwela Corps	296 N Vineyard Blvd. Honolulu, HI 96817		Honolulu	Sundays	7:30pm
St. Elizabeth's Episcopal Church	720 N King St. Honolulu, HI 96817		Honolulu	Tuesdays	10:30am - 12:00pm

Mass Distributions - Ohana Produce Plus Program
(Bolded dates have been adjusted due to Holidays/Closures)

Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Distribution Time	Distribution Date	July	August
Armed Services YMCA JBPHH (Base access required)	1260 Pierce St., Suite 145 JBPHH, HI 96860	Central Oahu	(808) 473-3399		1:00pm - 3:00pm	Fourth Wednesday	27	31
Armed Services YMCA Schofield/Wheeler (Base access required)	1262 Santos Dumont Ave. Wahiawa, HI 96786	Central Oahu	(808) 433-8410		12:30pm - 2:30pm	4th Monday	25	22
Calvary Chapel Pearl Harbor @ Manana Community Park	1310 Waimano Home Rd. Pearl City, HI 96782	Central Oahu			8:00am	Last Saturday	30	27
First Assembly of God Wahiawa	300 Wilikina Dr. Wahiawa, HI 96786	Central Oahu	(808) 836-2300		8:00am - 11:00am	4th Saturday	30	27
Inspire Church @ Patsy T Mink Central Oahu Regional Park ONLINE REGISTRATION ONLY @ https://www.eventbrite.com/o/inspire-church-44520083263	94-801 Kamehameha Hwy, Waipahu, HI 96797	Central Oahu		Follow the Organization on Eventbrite to find out when Registration Opens	9:00am - 11:00am	1st Tuesday	5	
Leeward Community Church ONLINE REGISTRATION ONLY @ http://komomaics.org/food	1860 Komo Mai Dr. Pearl City, HI 96782	Central Oahu	(808) 456-1340	Registration opens Monday prior	See Registration	2rd Saturday	9	20
Lighthouse Outreach Center @ Waipio Soccer Complex ONLINE REGISTRATION ONLY @ www.hawaiifoodbank.org/help/	93-061 Waipio Point Access Rd, Waipahu, HI 96797	Central Oahu		Registration opens Monday prior @ 9am	10:00am - 12:00pm	Fridays	1, 8, 15, 22, 29	5, 12, 19, 26
St. Stephen Episcopal Church	1679 California Ave, Wahiawa, HI 96786	Central Oahu			10:00am	2nd & 4th Wednesday	13, 27	10, 24
St. Stephen Episcopal Church @ Whitmore Community Center	1259 Whitmore Ave, Wahiawa, HI 96786	Central Oahu			10:00am	Bi-Monthly 3rd Monday		15
Surfing the Nations	64 Ohai St. Wahiawa, HI 96786	Central Oahu		1:00pm - 2:30pm	When Truck Arrives	Thursdays	7, 14, 21, 28	4, 11, 18, 25
Angel Network Charities DRIVE THRU ONLY	5339 Kalaniana'ole Hwy. Honolulu, HI 96821	East Honolulu			1:00pm - 3:00pm	1st & 3rd Thursday	None	4, 18
King's Cathedral Oahu	5740 Kalaniana'ole Hwy. Honolulu, HI 96821	East Honolulu	(808) 466-3273		11:00pm - 1:00pm	2nd & 4th Thursdays	14, 28	11, 25
Mutual Housing Association of Hawaii - Palolo Homes	2170 Ahe St Honolulu, HI 96816	East Honolulu			11:30am - 1:30pm	1st Tuesday	8	2

Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Distribution Time	Distribution Date	July	August
Waikiki Community Center @ Kapiolani Community College ONLINE REGISTRATION ONLY @ http://go.hawaii.edu/7PP	4303 Diamond Head Rd. Honolulu, HI 96816	East Honolulu						
					See Registration	2nd Friday	None	None
Calvary Assembly of God	961 Io Ln. Honolulu, HI 96817	Honolulu		9am - 1pm	3:00pm	3rd Friday	15	19
Central Union Church	1660 S Beretania St. Honolulu, HI 96826	Honolulu	(808) 941-0957		Walk-Thru: 11:00pm - 12:00pm Drive-Thru: 12:00pm - 1:00pm	Every Wednesday	6, 13, 20, 27	3, 10, 17, 24, 31
Co-Cathedral of St Theresa ONLINE REGISTRATION ONLY @ https://www.cocathedral.org/	712 N School St. Honolulu, HI 96817	Honolulu		Registration opens one week prior.	9:00am - 11:00am	Once A Month When Possible	23	27
First Assembly of God Red-Hill	3400 Moanalua Rd. Honolulu, HI 96819	Honolulu	(808) 836-2300		7:30am - 9:30am	4th Saturday	23	27
Hawaii Health & Harm Reduction Center @ Na Kapuna Makamae Community Center WALK UP ONLY	653 Ala Moana Blvd. Honolulu, HI 96813	Honolulu	(808) 521-2437					
					12:30pm	Fourth Wednesday	27	24
Honolulu Bible Church	1844 Palolo Ave. Honolulu, HI 96816	Honolulu	(808) 396-2643			3rd Saturday	16	20
Institute For Human Services	350 Sumner St. Honolulu, HI 96817	Honolulu	(808) 447-2800		1:00pm	Last Thursday	28	25
Kalihi Union Church WALK UP ONLY	2214 North King St. Honolulu, HI 96819	Honolulu	(808) 841-7022		9:00am - 11:00am	Thursdays	7, 14, 21, 28	4, 11, 18, 25
Life Christian Church ONLINE REGISTRATION ONLY @ www.lifechristianhawaii.org/events	Various school locations, please see online registration for information. 2010 Nuuanu Ave. Honolulu, HI 96817	Honolulu	(808) 201-4482	Registration opens 4/27/21 in the evening	See Registration	1st Saturday	2	6
Sts. Peter and Paul Church	800 Kaheka St, Honolulu, HI 96814	Honolulu	(808) 941-0675		10:00am - 11:30am	3rd Saturday	16	20
Trinity Missionary Baptist Church	3950 Paine Circle Honolulu, HI 96818	Honolulu	(808) 422-8622		9:00am	4th Tuesday	26	23

Distribution Site Name	Distribution Address	Area	Phone #	Sign In	Distribution Time	Distribution Date	July	August
Boys & Girls Club Ewa Beach	91-884 Fort Weaver Rd. Ewa Beach, HI 96706	Leeward Coast	(808) 689-4182		1:00pm - 3:00pm	4th Friday Every other month	22	None
City of Joy Assembly of God	87-2070 Farrington Hwy. Waianae, HI 96792	Leeward Coast	(808) 256-3596		8:00am - 10:00am	1st Saturday	9	6
Community People Ministries @ Pokai Bay Beach Park	960 Bayview St #85, Waianae, HI 96792	Leeward Coast		10:30am	11:30am - 12:30pm	1st Friday	1	5
Community Pepole Ministires @ Puuloa District Park	91-970 Kaileolea Dr. Ewa Beach, HI 96706	Leeward Coast		9:30am	10:30am - 11:30am	Last Tuesday	26	30
Hawaii Cedar Church Waianae Farm	85-596 Waianae Valley Rd. Waianae, HI 96792	Leeward Coast		10:00am	12:00pm - 3:00pm	2nd & 4th Tuesday	12, 26	9, 23
Le Fetuao Samoan Language Center @ West Oahu Veterans Center	5001 Iroquois Ave, Ewa Beach, HI 96706	Leeward Coast			10:00am - 12:00pm	3st Wednesday	20	17
Message of Peace Ministry @ Asing Community Park	91-1450 Renton Rd. Ewa Beach, HI 96706	Leeward Coast			8:00am	3rd Saturday	16	20
Nanaikapono Protestant Church	89-235 Pua Ave. Waianae, HI 96792	Leeward Coast	(808) 668-1184	8:30am	10:00am	4th Saturday	23	27
Once A Month Church @ Kaiaka Bay Beach Park	66-449 Haleiwa Rd. Haleiwa, HI 96712	North Shore	(808) 780-8037		12:00am - 2:00pm	1st & 3rd Wednesday	6, Cancelled	3, 17
Armed Services YMCA MCBH (Base access required)	455 Bingham Way Kailua, HI 96734	Windward Coast	(808) 254-4719		12:00pm - 2:00pm	2nd Monday	11	8
Dynamic Compassion In Action @ Waimanalo District Park	41-415 Hihimanu St. Waimanalo, HI 96795	Windward Coast	(808) 754-6260		1:30pm	1st & 3rd Monday	11, 18	1, 15
Hope Chapel Kahuku @ Kahuku Medical Center - Trailers	56-117 Pualalea St. Kahuku, HI 96731	Windward Coast			3:30pm - 5:30pm	4th Monday	25	22
Hui Mahiai Aina @ Waimanalo District Park	41-415 Hihimanu St. Waimanalo, HI 96795	Windward Coast			12:30pm	1st Thursday	7	4
Hui O Hauula @ Hauula Beach Park	54-135 Kamehameha Hwy. Hauula, HI 96717	Windward Coast			11:00am - 2:00pm	1st Monday	11	1
Key Project ONLINE REGISTRATION ONLY @ www.keyproject.org (see community news)	47-200 Waihee Rd. Kaneohe, HI 96744	Windward Coast	(808) 239-5777		1:00pm - 4:00pm	1st Tuesday	5	2

O'AHU HOMELESS HELP CARD

Information provided by Partners In Care Hawai'i
Produced as a service of the City & County of Honolulu

GENERAL HELP

Aloha United Way (auw211.org) 211

CRISIS (24 HOURS)

Crisis Line of Hawai'i 832-3100
Domestic Violence Crisis Line 266-7233

ABUSE (CHILD/SPOUSE/ADULT)

Adult Protective Services (*weekdays*) 832-5115
Child Protective Services (*24 hour*) 832-5300
Domestic Violence Action Center 531-3771
Toll Free (*all islands*) 800-690-6200
Domestic Violence Hotlines
Town/Leeward (*CFS*) 841-0822
Windward (*PACT*) Hotline/
Crisis Counseling 526-2200
Family Peace Center (*PACT*) 832-0855
Sex Abuse Treatment Center 524-7273

DISPUTE RESOLUTION

The Mediation Center of the Pacific 521-6767

DOMESTIC VIOLENCE SHELTERS

Child & Family Services 841-0822
PACT 'Ōhi'a Shelter 526-2200

Ko'olauloa Health Center

Hau'ula 293-9216
Kahuku 293-9231
Dental 293-2537
Wai'anae Coast Comprehensive 697-3300
Waikiki Health 922-4787
Waimanalo Health Center 259-7948

MENTAL HEALTH

24-Hour Suicide Crisis Line 832-3100
Catholic Charities Hawai'i Counseling Center 527-4470

Dept of Health, Mental Health Clinics:

Adult MH Division Eligibility Line 643-2643
East Honolulu Trtmt Svc Section 733-9260
West Honolulu Trtmt Svc Section (*adults*) 832-5800
Kāne'ohe (*adults*) 233-3775
Central O'ahu Fam Guide Ctr (*Kāne'ohe*) 233-3770
Central O'ahu Trtmt Svc Section 453-5950
Central O'ahu Fam Guidance Ctr (*Pearl City*) 453-5900
Honolulu Fam Guidance Center 733-9393
Leeward O'ahu Fam Guid Center 692-7700
Hale Na'a'u Pono – Wai'anae 696-4211
Helping Hands Hawai'i 440-3825
Hope Treatment Services 638-4555
IHS, Institute for Human Services 447-2924

Windward Spouse Abuse Shelter 528-0606

LANGUAGE NEEDS

Bilingual Access Line (*Interpreter Services*) 526-9724

ALCOHOL/DRUG

Alcoholics Anonymous 946-1438
Champ Clinic 426-4515
Hawai'i Health and Harm Reduction Center (*HHHRC*) 521-2437
Ku Aloha Ola Mau 538-0704
Habilitat, Inc 800-872-2525
Hale Na'a'u Pono 696-4211
Hina Mauka Kāne'ohe 236-2600
Hina Mauka Waipahu (*outpatient*) 671-6900
Ho'omau Ke Ola 696-4266
Narcotics Anonymous 734-4357
Po'aiani 263-3500
Salvation Army Detox (*ATS*) 595-5819
Salvation Army Family/Women (*FTS*) 732-2802
Salvation Army Adult Males (*ATS*) 595-6371
Salvation Army (*ARC*) 808-522-8400
Sand Island Treatment Center 841-3915
Women In Need (*Intensive Outpatient Program for Women & Men*) 486-1996

Kahi Mohala Behavioral Health 671-8511
North Shore Mental Health 638-8700
Safe Haven, Mental Health Kōkua 524-7233

PET SERVICES

Hawaiian Humane Society Animal
Emergency/Stray Pick Up 356-2250
Pet Spay/Neuter or Surrender 356-2285

RENTAL ASSISTANCE

Catholic Charities Hawai'i 521-4357
Institute for Human Services (*IHS*) 447-2844 and 447-2806

SHELTER: EMERGENCY

Family Promise (*families*) 548-7478
Hale Kipa (*youth <18*) 754-9844
IHS (*men*) 447-2900
IHS (*women and families*) 447-2800
IHS Hale Mauiola Sand Island
Navigation Center (*Pet Friendly*) 744-4492
Kealahou West O'ahu – Onelau'ena 782-4342
Next Step Shelter (*Waikiki Health*) 585-8800
Pai'olu Kaiāulu, U.S. VETS
Wai'anae Civ. Center (*Pet Friendly*) 664-1400
RYSE (*Youth ages 18-24*) 498-5180
Shelter of Wisdom (*Men*) 619-363-3365

STATE DHS BENEFITS: APPLICATION UNITS

Hawai'i Public Housing Authority
Applications Office 832-5961
(*TANF, GA, Medicaid & SNAP*)
Kapolei Processing Center 692-8384
(*For Kapolei, Waipahu*)
Ko'olau Processing Center (*Luluku*) 233-5325
(*For Kailua, Kāne'ohe, Waikalua, Windward*)
(*Not for New Applications*)
Ko'olau Processing Center (*Waikalua*) 233-3621
(*New Applications Only*) (*Windward side*)
KPT Processing Center 832-3822
(*For Kalihi, Kuakini, Nu'uuanu*)
OR&L Processing Center 586-8047
(*For Ilwili, Pālama*)
Pohulani Processing Center 587-5283
(*For Kina'u, Moanalua, Pāwā'a, Pūnāwai*)
Wahiawa Processing Center 622-6315
Wai'anae Processing Center 697-7881
(*For Ka'ala, Wai'anae*)
Waipahu Processing Center 675-0052
(*For Waikale, Kapālama*)

SHELTER: TRANSITIONAL

Alternative Structures (*Wai'anae – families*)
'Ōhana Ola O Kahumana 696-4095
Catholic Charities Mā'i'i Lnd (*families*) 696-4885
Gregory House (*HIV*) 592-9022
Hale Kipa (*youth 18 to 22*) 284-2079
Hale Ulu Pono 682-4466
Holomua Nā 'Ōhana (*families*)
Weinberg Village Waimānalo 259-6658
Housing Solutions, Inc. 973-0050
Kulaokahu'a – Seniors (*Not for Applications*) 599-5759
Na Kolea – Singles (*Not for Applications*) 946-8063
Sea Winds – Single, Couples, Families 696-0061
Kealahou West O'ahu – Onemalu (*families*) 682-5868
Kumuhonua (*HCAP*) 682-5494
RYSE (*Youth ages 18-24*) 498-5180
Safe Haven, Mental Health Kōkua 524-7233
Women In Need (Women & Children) 486-1996

OUTREACH/DROP IN CENTERS

ALEA Bridge 379-2532
HawaiianHope.org • Internet Cafe – Wai'anae 352-8800
IHS, Institute for Human Services 447-2929
Kealahou West O'ahu 696-5667
KPHC, Healthcare for the Homeless Project 791-6370

EDUCATION

Homeless Concerns Office, DOE (*toll free*) 1-866-927-7095

EMPLOYMENT

Alu Like – Dept. of Employment and Training 535-6750
American Job Center (*Dillingham*) 768-5701
Catholic Charities Hawai'i Homeless Veterans Reintegration Program 521-4357
Division of Vocational Rehabilitation 586-5164
Economic Development Center (*PACT*) 842-7093
Goodwill Industries of Hawai'i 483-7172
HCAP Senior Employment 521-4531
HI Disability Rights Center (*Ticket to Work*) 949-2922
HI State Unemployment Office 586-8970
IHS Hele2Work 447-2912
Network Enterprises, Inc 521-7774
Rent to Work 768-5727
U.S.VETS (*Employment Assistance/Veteran Services*) 330-5566

FOOD

Helping Hands Hawai'i, Community Clearinghouse (*One Time/Emergency Needs*) 440-3800
River of Life Mission 524-7656
Salvation Army (*Family Services*) 841-5565
Call 211, check w/ outreach agencies or churches

Legal Aid Society of Hawai'i 536-4302
Living the Word 834-2823
RYSE (*Youth ages 18-24*) 498-5180
Safe Haven, Mental Health Kōkua 524-7233
Salvation Army (*Fam. Services Office*) 841-5565
SNAP 440-3832
Wai'anae Coast Comp Health Center 697-3586
U.S.VETS (*Available to All*) 282-0554, 630-0771
Youth Outreach (*YOJ*) 942-5858

VETERANS' SERVICES

2nd Chance Group Home LLC
Females 554-9950
Males 354-2098
Catholic Charities Hawai'i Supportive Services for Veteran Families (*SSVF*) 521-4357
Cloudbreak Hawai'i, LLC Permanent Housing (*Service Enriched Affordable Housing for Veterans*) 682-1949
Hawai'i Vet 2 Vet Inc. 457-7027
IHS Veteran Support Program 447-2916
Network Enterprises, Inc. (*employment*) 521-7774
U.S.VETS (*outreach, housing, support*) 672-2977, 630-0771, 282-0554
VA Health Care for the Homeless (*outreach, medical, & mental health services*) 433-0357

HEPATITIS B&C

Hep Free Hawai'i 436-5884

HIV/AIDS

Gregory House Programs 592-9022
Hawai'i Health and Harm Reduction Center (*HHHRC*) 521-2437
Waikiki Health 922-4787

HYGIENE SERVICES

HiEHiE (*Mobile Showers/Restrooms*) 201-3937
Pūnāwai Rest Stop (*Laundry & Showers*) 599-9750
Revive + Refresh (*Mobile Hygiene Center*) 779-6738
River of Life Mission 524-7656
Safe Haven 524-7233

LEGAL

Community Outreach Court 347-2251
Legal Aid Society of Hawai'i 536-4302
Volunteer Legal Services Hawai'i 528-7046

MEDICAL CARE

Aloha Medical Mission Clinic-Dental 847-3400
Hawai'i HOME Project 223-8859
KPHC, Healthcare for the Homeless Project 791-6342
Hawai'i Health and Harm Reduction Center (*HHHRC*) 521-2437
Joint Outreach Center (*JOC*) 545-3694
Kōkua Kalihii Valley 791-9400

VA Call Center (*SATP, MH, & Medical Appointments*) 1-800-214-1306
Veterans Suicide Hotline 1-800-273-8255

NOTES

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