



Hawaii Foodbank, Inc.

Food Assistance Handout

Updated 4/7/2020 @ 1:30pm

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

Pantries

Location Name	Location	Area	Days of Operation	Hours of Operation
New Hope Kapolei	94-199 Leonui St. Waipahu, HI 96797	Central Oahu	3rd Saturday	8:00am - 10:00am
Aiea 7th Day Adventist Church	99-005 Moanalua Rd. Aiea, HI 96701	Central Oahu	Saturdays	8:00am - 9:00am
St Elizabeth Catholic Church	99-312 Moanalua Rd. Aiea, HI 96701	Central Oahu	Thursdays	5:00pm - 6:00pm
Our Lady Of Good Counsel Parish	1525 Waimano Home Rd. Pearl City, HI 96782	Central Oahu	Wednesdays	8:30am - 11:30am
Abundant Life United Pentecostal Church	650 Kilani Ave. Wahiawa, HI 96786	Central Oahu	First Saturday of Month	9am-12 pm

Location Name	Location	Area	Days of Operation	Hours of Operation
Armed Services YMCA (Wheeler)	1262 Santos Dumont, Bldg. 122 Wahiawa, 96786	Central Oahu	By Appointment Only 808-624-5645 wheeler@asymcahi.org	Leave a message with your name, number of people in your family, special dietary restrictions, and contact info.
First Assembly of God Wahiawa	300 Wilikina Dr. Wahiawa, HI 96786	Central Oahu	Sundays	8:00am - 12:00pm (During Sunday Service)
New Life Body of Christ Christian Church	74 S. Kamehameha Hwy. Wahiawa, HI 96786	Central Oahu	Tuesdays & Thursdays	9:00am - 12:00pm
Our Lady of Sorrows	1403 California Ave. Wahiawa, HI 96786	Central Oahu	Last Saturday	9:00am - 11:00am
St. Stephen's Episcopal Church	1679 California Ave. Wahiawa, HI 96786	Central Oahu	Tuesdays & Fridays	9:00am - 11:00am
Pacific Islands Bible Church	95-075 Waikalani Dr. Mililani, HI 96789	Central Oahu	Third Saturday	9:00am - 11:00am
Trinity Church Central Oahu	95-388 Wikao St. Mililani, HI 96789	Central Oahu	Monday - Friday	10:00am
Waipahu Seventh-Day Adventist	94-902 Awane'i St. Waipahu, HI 96797	Central Oahu	Sundays	2:30pm - 4:00pm
First Assembly of God - Red-Hill	3400 Moanalua Rd. Honolulu, HI 96819	Central Oahu	4th Saturday	7:00am - 10:00am
Armed Services YMCA	1260 Pierce St., Ste. 145 Pearl Harbor, HI 96860	Central Oahu	By Appointment Only 808-473-3398 branchdirectorph@asym cahi.org	Leave a message with your name, number of people in your family, special dietary restrictions, and contact info.
Waikiki Community Center	310 Paoakalani Ave. Honolulu, HI 96816	East Honolulu	Tuesdays	1:00pm - 3:00 pm
Kapiolani Community College	4303 Diamond Head Rd., `ilihi #231 Honolulu, HI 96816	East Honolulu	Thursdays & Fridays	Thursday: 3:00 - 5:00pm Friday: 11:00am - 1:30pm
Angel Network Charities	5339 Kalaniana'ole Hwy. Honolulu, HI 96821	East Honolulu	Thursdays & Fridays	8:30am - 4:00pm
C4 (Christ Centered Community Church) @ Kahala Mall	4211 Waialae Ave. Ste 1030 Honolulu, HI 96816	East Honolulu	Tuesday, Thursday, Saturday	Tuesday/Thursday: 2pm - 6pm Saturday: 8am - 12pm

Location Name	Location	Area	Days of Operation	Hours of Operation
Honolulu Fil-am S.D.A Church	2232 Kanealii Ave. Honolulu, HI 96813	Honolulu	3rd Sunday	1:00pm -3:00pm
Light & Salvation Church	957 Punchbowl St. Honolulu, HI 96813	Honolulu	Wednesdays, Fridays & Sundays	Wednesdays & Fridays: 5:00pm- 7:00pm Sundays: 9:00am - 10:00am
Full Gospel Of Oahu	1680 Kapiolani Blvd, Suite F9 Honolulu, HI 96814	Honolulu	Wednesdays & Fridays	6:00pm - 6:45pm
First United Methodist Church	1020 S. Beretania Street Honolulu, HI 96814	Honolulu	Monday & Thursday	2:00pm - 4:00pm
River of Life Mission	101 N. Pauahi St. Honolulu, HI 96817	Honolulu	2nd & 4th Friday	10:30am - 3pm
Palama Settlement	810 N. Vineyard Blvd. Honolulu, HI 96817	Honolulu	Call 808-848-2528 to set appointment the day before.	9:00am - 11:00am
Salvation Army- Family Services Office	296 N Vineyard Blvd. Honolulu, HI 96817	Honolulu	Mondays, Wednesdays, and Fridays	12:30pm - 2:30pm
St Elizabeth's Episcopal Church	720 North King St. Honolulu, HI 96817	Honolulu	Monday - Saturday	Weekdays: 8:00am - 12:00pm; 2:00pm - 4:00pm Saturday: 8:00am - 12:00pm
Su Gran Alabanza	701 N King St. Honolulu, HI 96817	Honolulu	Wednesdays	10:30am - 12:00pm
Fountains of The Living Water	2412 Rose St., #100 Honolulu, HI 96819	Honolulu	3rd Saturday	2:00pm - 4:00pm
Kalihi Union Church	2214 North King St. Honolulu, HI 96819	Honolulu	Thursdays	9:00am - 11:00am
Parents And Children Together- KPT Family Center	1485 Linapuni St. Suite 103 Honolulu, HI 96819	Honolulu	Monday, Wednesday, Friday	10:00am - 2:00pm
Susannah Wesley Community Center	1117 Kaili St. Honolulu, Hawaii 96819	Honolulu	Tuesdays & Thursdays	12:00pm - 2:00pm
Abundant Grace Church	702 Puuhale Rd. Honolulu, HI 96819	Honolulu	Wednesdays	2:00pm - 4:00pm
Central Samoan Assembly of God	3544 Kalihi St. Honolulu, HI 96819	Honolulu	3rd Saturday	1:30pm - 3:00pm
Full Gospel Temple	2464 N School St. Honolulu, HI 96819	Honolulu	Sundays	11:45am - 12:15pm

Location Name	Location	Area	Days of Operation	Hours of Operation
St. Pius X Parish	2821 Lowrey Ave. Honolulu, HI 96822	Honolulu	Tuesdays, Wednesdays & Fridays	10:00am - 11:30am
Parish Of St Clement	1515 Wilder Ave. Honolulu, HI 96822	Honolulu	3rd Saturday	11:30am - 12:30pm
Hawaiian Humane Society (FOR PET FOOD)	2700 Waiialae Ave. Honolulu, HI 96826	Honolulu	7 days a week	Monday - Friday: 11:00am - 7:00pm Saturday - Sunday: 10:00am - 4:00pm Holiday hours vary
Tenrikyo Taiheiyo Church	844 Wiliwili St. Honolulu, HI 96826	Honolulu	Last Saturday	7:30am - 8:30am
Child & Family Services	91-1841 Ft. Weaver Rd. Ewa Beach, HI 96706	Leeward Coast	Wednesdays	2:00pm - 4:00pm
Ewa Beach Baptist Church	91-743 Pohakupuna Rd. Ewa Beach, HI 96706	Leeward Coast	Last Saturday	10:00am - 11:00am
Immaculate Conception Church	91-1298 Renton Rd. Ewa Beach, HI 96706	Leeward Coast	1st & 3rd Friday	5:00pm - 6:00pm
Our Lady of Perpetual Help	91-1004 North Rd. Ewa Beach, HI 96706	Leeward Coast	Last Friday	9:00am - 11:00am
St. Jude Food Pantry	92-455 Makakilo Dr. Kapolei, HI 96707	Leeward Coast	Tuesdays and Thursdays	3:30pm - 4:30pm
Paradise Chapel	87-125 Maipalaoa Rd. Waianae, HI 96792	Leeward Coast	3rd Tuesday	7:00am - 10:00am
Waianae Baptist Church	85-131 Ala Hema St. Waianae, HI 96792	Leeward Coast	Wednesdays	9:00am - 12:00pm
Ka Hana O Ke Akua UCC	86-311 Lualualei Hmstd. Rd. Waianae, HI 96792	Leeward Coast	On call 7 days a week by appt. 696-5652	6:00am - 10:00pm
Nanaikapono Protestant Church	89-235 Pua Ave. Waianae, HI 96792	Leeward Coast	Mondays	7:00am - 10:00am
Jesus Is Alive Fellowship	66-405 Waiialua Beach Rd. Haleiwa, HI 96712	North Shore	Sundays	2:30pm - 3:30pm
Private Sector Hawaii	59-495 Alapio Rd. Haleiwa HI 96712	North Shore	Call for Monday Delivery (808) 638-9627	1:00pm - 5:00pm (Delivery Time)
St. Michael Parish Outreach	67-340 Haona St. Waiialua, HI 96791	North Shore	April 6th & 27th	8:30am - 11:00am

Location Name	Location	Area	Days of Operation	Hours of Operation
St. Anthony's Church	114 Makawao St. Kailua, HI 96734	Windward Coast	Tuesdays & Thursdays	9:00am - 12:00pm
Armed Services YMCA (MCBH)	455 Bingham Way Kailua, HI 96734	Windward Coast	By Appointment Only 808-254-4719 kaneohe@asymcahi.org	Leave a message with your name, number of people in your family, special dietary restrictions, and contact info.
Central Union Windward	38 Kaneohe Bay Dr. Kailua, HI 96734	Windward Coast	Wednesday	10-11:30
KEY Project	47-200 Waihee Rd. Kaneohe, HI 96744	Windward Coast	Monday - Friday	9:00am - 3:00pm
Our Lady of Mount Carmel Church	48-422 Kamehameha Hwy. Kaneohe, HI 96744	Windward Coast	4th Tuesday	12:00pm - 1:00pm
Saint Mark Lutheran Church	45-725 Kamehameha Hwy. Kaneohe, HI 96744	Windward Coast	Saturday	8:00am - 10:00am
St. Ann Project Share	46-129 Haiku Rd. Kaneohe, HI 96744	Windward Coast	Monday, Wednesday & Friday	1:00pm
The Salvation Army - Kaneohe	45-175 Waikalua Rd. Kaneohe, HI 96744	Windward Coast	Tuesdays	9:00am - 12:00pm
Windward Baptist Church	47-528 A Kamehameha Hwy. Kaneohe, HI 96744	Windward Coast	Monday - Friday	12:00pm - 1:00pm
South Shore Christian Fellowship	41-539 Makakalo St. Waimanalo, HI 96795	Windward Coast	Sundays	9:00am - 12:00pm
St. Matthew's Kokua Food Basket	41-054 Ehukai St. Waimanalo, HI 96795	Windward Coast	Every Wednesday	5:00pm
Wahiawa 7th Day Adventist Church	41-592 Poalima St. Waimanalo, HI 96795	Windward Coast	Last Sunday	9:00am - 11:00am
Waimanalo 7th Day ADV Church	41-592 Poalima St. Waimanalo, HI 96795	Windward Coast	Wednesdays	9:00am - 10:00am

Prepared Meals

Location Name	Location	Area	Days of Operation	Hours of Operation
St Timothy's Episcopal Church	98-939 Moanalua Rd. Aiea, HI 96701	Central Oahu	2nd & 4th Tuesday	5:00pm - 6:30pm

Location Name	Location	Area	Days of Operation	Hours of Operation
First Assembly of God Wahiawa	300 Wilikina Dr. Wahiawa, HI 96786	Central Oahu	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	546 Kaaahi St. Honolulu, HI, 96817	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	Sunday	7:30pm
St Elizabeth's Episcopal Church	720 N King St. Honolulu, HI 96817	Honolulu	Tuesday	10:30am - 12:00pm

Mass Distributions - Ohana Produce Plus Program

Distribution Site Name	Distribution Address	Area	Sign In	Distribution	Distribution Date	March	April
Armed Services YMCA JBPHH	1260 Pierce St., Suite 145	Central Oahu		1:30pm	Last Wednesday	25	29
Armed Services YMCA Schofield/Wheeler	1262 Santos Dumont	Central Oahu		12:30pm - 2:30pm	4th Monday	23	27
Calvary Chapel Pearl Harbor @ Manana Community Park	1310 Waimano Home Rd.	Central Oahu		8:00am	Last Saturday	28	25
Community People Ministries @ Life More Abundantly Island Church	321 N. Cane St.	Central Oahu	9:30am	11:00am - 12:00pm	1st Saturday	7	4
First Assembly of God Wahiawa	300 Wilikina Dr.	Central Oahu		8:00am - 11:00am	4th Saturday	28	25
HCAP Central	99-102 Kalaloa St.	Central Oahu	10:30am	12pm - 3pm	3rd Friday	20	17
Lighthouse Outreach @ Pupuole Mini Park	94-333 Pupuole St.	Central Oahu		10:00am - 12:00pm	Mondays & Thursdays	27, 30	6, 9, 13, 16, 20, 23, 27, 30
Lighthouse Outreach Center	94-230 Leokane St.	Central Oahu		10:00am - 12:00pm	Every Tuesday & Friday	4, 7, 11, 14, 18, 21, 25, 28	3, 6, 10, 13, 17, 20, 24, 27
Message of Peace Ministry	91-429 Fort Weaver Rd.	Central Oahu	9:00am - 10:00am	12:00pm	3rd Saturday	21	18
Surfing the Nations	64 Ohai St.	Central Oahu	1:00pm - 2:30pm	When Truck Arrives	1st & 3rd Wednesday	4, 18	1, 15
Angel Network Charities	5339 Kalaniana'ole Hwy.	Honolulu		1:00pm - 3:00pm	1st & 3rd Thursday	5, 19	2, 16
Calvary Assembly of God	961 Io Ln.	Honolulu	9am - 1pm	3:00pm	3rd Friday	20	17
First Assembly of God Red-Hill	3400 Moanalua Rd.	Honolulu		7:30am - 9:30am	4th Saturday	28	25
Hawaii Cedar Church	1545 Kamehameha IV Rd.	Honolulu		12pm - 3:00pm	Every Wednesday	4, 11, 18, 25	1, 8, 15, 22, 29
Hawaii Health & Harm Reduction Center @ UH Manoa Campus Center	2465 Campus Rd.	Honolulu		1:30pm - 4:30pm	Third Wednesday	18	15
Hawaii Health & Harm Reduction Center @ Na Kapuna Makamae Community Center	653 Ala Moana Blvd.	Honolulu	12:45pm	1:00pm	Second Wednesday		8
HCAP Kalihi-Kam IV Homes	2243 Kalaunu Rd.	Honolulu	10:00am - 11:00am	12:00pm	3rd Friday	21	20
Institute For Human Services	350 Summer St.	Honolulu		1pm - 3pm	Last Thursday	26	30

Distribution Site Name	Distribution Address	Area	Sign In	Distribution	Distribution Date	March	April
King's Cathedral Oahu	549 Halemaumau St.	Honolulu	11:00am	12:00pm - 3:00pm	1st Friday	6	9, 17, 24
Kekua Kalihi Valley @ Kuhio Park Terrace	1485 Linapuni St.	Honolulu	8:00am	11:00am - 1:00pm	3rd Thursday	19	23
Mutual Housing Association @ Palolo Homes	2170 Ahe St.	Honolulu	11:00am	11:30am - 2:30pm	2nd & 4th Wednesday	12, 26	11, 25
Palama Settlement @ Kaahumanu Homes	760 McNeil St., Bldg. 16	Honolulu	12:00pm - 1:00pm	12:00pm - 3:00pm	1st Friday	6	3
Palama Settlement @ Mayor Wright Housing	521 N Kukui St.	Honolulu	12:00pm - 1:00pm	12:00pm - 3:00pm	2nd Friday	13	17
Surfing the Nations @ Hawaii First Samoan Assembly	1420 Palama St.	Honolulu	11am - 2pm	When Truck Arrives	Every Thursday	5, 12, 19, 26	2, 9, 16, 23, 30
YMCA of Honolulu - Nuuanu Branch	1441 Pali Hwy.	Honolulu		11:30am - 1:00pm			22
Boys & Girls Club Ewa Beach	91-884 Fort Weaver Rd.	Leeward Coast		3:00pm - 5:00pm	4th Friday Every other month	27	-
City of Joy Assembly of God	87-2070 Farrington Hwy.	Leeward Coast		8:00am - 10:00am	1st Saturday	7	4
Community People Ministires @ Kaupuni Neighborhood Park	85-1288 Punanaula St.	Leeward Coast	10:30am	11:30am - 12:30pm	1st Friday	6	3
Community Pepole Ministires @ Ewa Beach United Methodist Church	91-660 Pohakupuna Rd	Leeward Coast	9:30am	10:30am - 11:30am	Last Tuesday	24	28
Hawaii Cedar Church Waianae Farm	85-596 Waianae Valley Rd.	Leeward Coast	10:00am	12pm - 3:00pm	2nd Friday	13	3
HCAP Leeward	85-555 Farrington Hwy.	Leeward Coast	12:00 - 1:00pm	2:00pm - 3:00pm	3rd, 4th Tuesday	17, 24	21, 28
Nanaikapono Protestant Church	89-235 Pua Ave.	Leeward Coast	8:30am	10:00am	4th Saturday	28	25
Sacred Heart Church Waianae	85-786 Old Government Rd.	Leeward Coast		10:00am - 3:00pm	1st & 2nd Tuesday	3, 10	7, 14, 21, 28
Villages of Maili	87-576 Kulauapuni St.	Leeward Coast	9:00am - 10:30am	9:00am - 2:00pm	2nd Thursday	12	9
North Shore Christian Fellowship @ Old Haleiwa Gym	66-434 Kamehameha Hwy.	North Shore	10:30am - 11:00am	12pm - 2pm	4th Friday	27	24
Once A Month Church @ Waialua District Park	66-434 Kamehameha Hwy.	North Shore		12:00am - 2pm	1st Wednesday	4	1
Hawaii Health & Harm Reduction Center (Next to Foodland Pupukeya)	59- 712 Kamehameha Hwy.	North Shore		12:30pm	Every Friday		3, 17, 24
Dynamic Compassion In Action @ Waimanalo District Park	41-415 Hihimanu St.	Windward Coast		11:30am	1st, 3rd Monday	2, 16	6, 20

Distribution Site Name	Distribution Address	Area	Sign In	Distribution	Distribution Date	March	April
Hawaii Health and Harm Reduction Center @ Bay View Golf Course	45-285 Kaneohe Bay Dr.	Windward Coast	Drive-Thru	12:30pm	Every Thursday		9, 16, 23, 30
HCAP Windward @ Key Project	47-200 Waihee Rd.	Windward Coast		1:00pm - 4:00pm	3rd Monday	16	
Hope Chapel Kahuku @ Kahuku Medical Center - Trailers	56-117 Pualalea St.	Windward Coast		3:30pm - 5:30pm	4th Monday	23	27
Hui O Hauula @ Hauula Community Association	54-10 Kukuna Rd.	Windward Coast		11am - 2pm	1st Monday	2	6
Key Project	47-200 Waihee Rd.	Windward Coast		1:00pm - 4:00pm	1st Tuesday	3	7, 21
St George Catholic Church @ Waimanalo District Park	41-415 Hihimanu St.	Windward Coast		2:00pm - 4:00pm	1st Thursday	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/ 526-2200
Crisis Counseling 832-0855
Family Peace Center (PACT) 524-7273
Sex Abuse Treatment Center

DISPUTE RESOLUTION

The Mediation Center of the Pacific 521-6767

DOMESTIC VIOLENCE SHELTERS

Child & Family Services 841-0822
PACT 'Ohi'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'au 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'au 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'ailani 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 524-7233
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 Procising 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 Iwilei, Pālama)
Pohulani Processing Center 587-5283
(For Kina'u, Moanalua, Pāwa'a, Pūnāwai)
Wahiawa Processing Center 622-6315
Wai'anae Processing Center 697-7881
(For Ka'alā, Wai'anae)
Waipahu Processing Center 675-0052
(For Waikale, Kapālama)

SHELTER: TRANSITIONAL

Alternative Structures (Wai'anae – families)
'Ohana Ola O Kahumana 696-4095
Catholic Charities Mā'ili Lnd (families) 696-4885
Gregory House (HIV) 592-9022
Hale Kipa (youth 18 to 22) 284-2079
Hale Ulu Pono 682-4466
Holomua Na 'Ohana (families)
Weinberg Village Waimānalo 259-6658
Housing Solutions, Inc. 973-0050
Kulaokahu'a – Seniors (Not for Applications) 599-5759
Na Koleh – 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
American Job Center (Dillingham) 535-6750
6768-5701
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 Kalihi Valley 791-9400

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

NOTES

Frozen Foods	Frozen (0°F or below)
Bread, bagels	3 months
Chicken, nuggets/patties	2 months
Desserts, frozen baked goods	3-4 months
Desserts, frozen cream pies	1-2 months
Desserts, frozen fruit pies	6-8 months
Dinners, pies, casseroles, shrimp, ham. Pork or sausage	3-4 months
Dinners: beef, turkey, chicken, or fish	6 months
Dough, bread	1 month, longer storage inactivates yeast , weakens gluten
Dough, cookie	3 months
Pasteurized eggs in carton	1 year, purchased frozen, unopened, never thawed
Fish, breaded	4-6 months
Ice Pops	6 months
Fruit, frozen	4 months
Ice cream	2-4 months
Juice concentrate	1 years
Soy meat substitutes	12-18 months
Vegetables	8 months
Waffles, pancakes	2 months
Whipped topping, non dairy tub	6 months

Meats	Refrigerated (40°F or below)	Frozen (0°F or below)
Fish/Seafood: Uncooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	12 mnths
Shrimp, raw	n/a	9 months
Crab, canned	n/a	Do not freeze
Crab, legs	n/a	9-12 months
Oysters, shucked	n/a	3-4 months
Lobster Tails raw	n/a	6-9 months
Scallops, raw	n/a	3-6 months
Fish/Seafood: Cooked		
Fatty fish (salmon, mackerel, perch, bluefish)	n/a	3-6 months
Lean fish (cod, flounder, sole, haddock, pollock)	n/a	3-6 months
Shrimp and other Shellfish	n/a	3-6 months
Meats, Raw		
Beef Roasts	n/a	1 year
Beef Steaks	n/a	1 year
Pork Roasts	n/a	1 year
Pork Chops	n/a	1 year
Lamb Roasts	n/a	1 year
Lamb Steaks/Chops	n/a	1 year
Poultry: Chicken or Turkey, whole cuts	n/a	1 year
Ground Meats (beef, pork, lamb or poultry)	n/a	9-12 months
Meats, Processed		
Bacon, unopened	2 weeks	6 months
Bacon, opened	1 week	2 months
Chicken, Fried	4 days	4 months
Chicken, Nuggets/Patties	2 days	3 months
Ham, unopened	2 weeks	1 year
Ham, opened	1 week	1-2 months
Hot Dogs, unopened	2 weeks	9 months
Luncheon meats, deli slice or opened	3-5 days	Do not freeze
Luncheon meats, unopened commercial package	2 weeks	1-2 months
Pepperoni, Salami	1 month	6 months
Sausage, raw	2 days	6 months
Sausage, smoked links or patties	1 week	9 months

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 months, freezer Do not use if they develop mold or harden
	6
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

Dairy and Cooler Items	Refrigerated (40°F or below)	Frozen (0°F or below)
Butter	2-3 months	1 year
Buttermilk	10-14 days	Freezes poorly
Cheese Trays	2 weeks	Do not freeze
Cheese, Cottage	10-15 days	Freezes poorly
Cheese, Cream	2 weeks	Freezes poorly
Cheese, hard	6 months	6-8 months
Cheese, soft	1-2 weeks	6 months
Cheese, processed	3-4 weeks	6 months
Coffee Creamer , liquid refrigerated	3 weeks	Follow instructions on package
Cream, Half & Half	3-4 days	4 months, use for cooking
Cream, Heavy	10 days	3-4 months, shake upon thawing to loosen; use for cooking
Cream, Light	1 week	3-4 months, use for cooking
Crust, pie or pizza ready to bake	Sell-by date	2 months
Dips, made with sour cream	2 weeks	Do not freeze
Dough, biscuit	Sell-by date	Do not freeze
Dough, bread or pizza	Sell-by date	Do not freeze
Dough, cookie	Sell-by date	2-3 months
Eggs, in shell	4-5 weeks	Do not freeze
Eggs, pasteurized carton egg substitute, unopened	10 days	1 year
Eggs, pasteurized carton real eggs. Unopened	10 days	1 year
Juice, purchase refrigerated	3 weeks	8-12 months
**MINUTE MAID/TROPICANA - CANNOT DISTRIBUTE		
AFTER EXPIRATION DATE.		
Margarine	6 months	12 months
Milk (not shelf stable)	1 week	1-3 months, use for cooking
Pudding, purchased refrigerated	1-2 days	Do not freeze
Salad dressing, refrigerated packets	3 months	Do not freeze
Sour cream	2-3 weeks	Do not freeze
Whipped cream, aerosol	3-4 weeks	Do not freeze
Whipped topping, aerosol	3 months	Do not freeze
Whipped topping, non-dairy tub	2 weeks	14 months; do not freeze once thawed
Yogurt	10-14 days	1-2 months

Prepared Items/Deli Food	Refrigerated (41°F or below)	Frozen (0°F or below)
Chicken, Roasted or Fried	3-4 days	4-6 months
Fruit, cut	Best By Date	Do Not Freeze
Guacamole	5-7 days	6 months
Hummus, Pasturized	3 months	Do Not Freeze
Hummus, with Preservatives	2 months	Do Not Freeze
Hummus, traditional (no preservatives, not pasteurized)	7 days	Do Not Freeze
Main dishes, meals	3-4 days	2-3 months
Meats in gravy or broth (including meat pies)	1-2 days	6 onths
Pasta, fresh	1 week	1 month
Salads, prepared (macaroni, egg, potato, chicken, tuna, etc.)	3-5 days	Do Not Freeze
Sauces, Egg-Based (Hollandaise, etc.)	10 days	Do Not Freeze
Side dishes, cooked vegetables	3-4 days	1-2 months
Side dishes, potato-based (not salad)	3-4 days	1-2 months
Side dishes, rice	3-4 days	1-2 months
Soups, Stews	2-3 days	4-6 Months
Spinach, salad greens (bagged)	Date on bag	Do Not Freeze