



# Hawaii Foodbank Inc.

## Emergency Food 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.*

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

#### Pantries

Location Name	Address	Days of Operation	Hours of Operation
Cedar Assembly of God (Liliha)	620 Waipa Ln.	Tuesday	8:30 am - 10:00 am
Fountains Of the Living Water (Kalihi)	2412 Rose St., Unit 100	3rd Saturday	2:00 pm - 4:30 pm
Full Gospel Temple (Kalihi)	2464 N. School St.	Sunday	11:45 am - 12:15 pm
Hale O Honolulu Clubhouse (Liliha)	1700 Lanakila Ave.	Wednesday Friday	5:30 pm - 6:30 pm 1:00 pm - 2:00 pm
Kalihi Union Church (Kalihi)	2214 N. King St.	Thursday	10:00 am - 11:00 am
Kaumakapili Church (Kalihi)	766 N. King St.	Every other Wednesday	8:00 am - 11:00 am
Kokua Kalihi Valley - Public Housing (Kalihi)	1475 Linapuni St.	Monday - Friday	12:00 pm - 2:00 pm
St Elizabeth Episocpal Church (Kalihi)	720 N. King St.	Monday - Saturday	8:00 am – 12:00 pm, 2:00 pm – 5:00 pm
St. John the Baptist Catholic Church (Kalihi)	2324 Omilo Ln.	Wednesday (except 2nd)	11:00 am - 1:00pm
Full Gospel Of Oahu (Alamoana)	1680 Kapiolani Blvd, Suite F9	Wednesday & Friday	6:00 pm - 6:45 pm
Gregory House @ First Baptist Church (Ward)	1313 Pensacola St.	Tuesday & Thursday (Except 1st week)	8:30 am - 1:00 pm
Olivet Baptist Church (Mccully-Moilili)	1775 S. Beretania St.	Last Saturday	9:00 am - 11:00 am
St Mary's Episcopal Church (Mccully-Moilili)	2062 S. King St.	Tuesday - Friday	10:00 am - 12:00 pm
Angel Network (East Honolulu)	5339 Kalaniana'ole Hwy.	Thursday & Friday	10:00 am - 12:00 pm
King's Cathedral (East Honolulu)	5740 Kalaniana'ole Hwy.	Sunday Wednesday (by appt. 373-7416)	11:30 am – 1:00pm 7:00 pm
C4 - Christ Centered Community Church (Kahala Mall)	4211 Waialae Ave #1030	1st Friday	8:30 am - 11:00 am
Waikiki Community Center (Waikiki)	310 Paoakalani Ave.	Tuesday	1:00 pm - 2:45 pm
Church of Christ at Pearl Harbor (Pearl Harbor)	515 Main St.	2nd & 4th Saturday	9:30 am - 11:30 am

First Assembly of God - Red Hill (Moanalua)	3400 Moanalua Rd.	Sunday	10:00 am - 12:00 pm
New Hope Christian Fellowship Oahu (Sand Island)	223 Ho'one'e St.	Wednesday & Friday	8:00 am - 11:00 am
Armed Services YMCA @ JBPBH (Pearl Harbor)	1260 Pierce St, Suite 145	Monday - Friday (Base Access Required)	7:30 am - 3:30 pm
Calvary Chapel Pearl Harbor (Pearl City)	950 Luehu St, Suite G-5	1st Saturday of the month	8:00 am - 10:00 am
Our Lady Of Good Counsel Parish (Pearl City)	1525 Waimano Home Rd.	Wednesday	8:30 am - 11:15 am
Abundant Life United Pentecostal (Wahiawa)	650 Kilani Ave.	1st Saturday of the month	9:00 am - 11:00 am
Armed Services YMCA @ Schofield Wheeler (Wahiawa)	1262 Santos Dumont	Monday - Friday (Base Access Required)	7:30 am - 3:30 pm
New Life Body Of Christ Christian Church (Wahiawa)	74 S Kamehameha Hwy.	Tuesday & Thursday	9:00 am - 12:00 pm
Our Lady Of Sorrow (Wahiawa)	1403-A California Ave.	Last Saturday of the month	9:00 am - 11:00 am
St. Stephen's Episcopal Church (Wahiawa)	1679 California Ave	Tuesday & Friday	9:00 am - 11:00 am
Aiea 7th Day Adventist Church (Aiea)	99-005 Moanalua Rd.	Saturday	8:00 am -9:00 am 1:30 pm - 2:00 pm
St Timothy's Episcopal Church (Aiea)	98-939 Moanalua Rd.	2nd & 4th Tuesday	4:45 pm - 6:00 pm
St. Elizabeth Catholic Church (Aiea)	99-312 Moanalua Rd.	Thursday	5:00 pm - 6:00 pm
Brethren of Christ International (Waipahu)	94-133 Pahu St.	4th Sunday	12:30 pm - 1:30 pm
City of Refuge (Waipahu)	94-897 Waipahu St.	Friday	3:30 pm - 4:30 pm
Good Samaritan Church (Waipahu)	94-076 Leokane St.	Monday - Friday	4:30 pm - 6:00 pm
Waipahu Seventh-Day Adventist (Waipahu)	94-902 Awanei St.	Sunday	2:30 pm -4:00 pm
Ewa Beach Baptist Church (Ewa Beach)	91-743 Pohakupuna Rd.	Last Saturday of the month	10:00 am - 11:00 am
Ewa Beach United Methodist Church (Ewa Beach)	91-660 Pohakupuna Rd.	2nd & 4th Wednesday	8:00 am - 10:00 am
Our Lady Of Perpetual Help (Ewa Beach)	91-1004 North Rd.	Last Friday of the month	9:00 am - 11:00 am
Partners In Development Foundation (Kapolei)	91-1034 Lauia st. #2	Monday - Friday	9:00 am - 2:00 pm
St Jude Catholic Church (Kapolei)	92-455 Makakilo Dr.	Tuesday & Thursday	2:30 pm - 4:30 pm
Hale Ola Ho'opakolea Inc (Waianae)	89-137 Nanakuli Ave.	2nd Wednesday of the month 4th Wednesday of the month	8:30 pm - 12:30 pm 12:30 pm - 3:00 pm
Ka Hana O Ke Akua (Waianae)	86-311 Lualualei Homestead Rd.	On Call 7 days a week	6:00 am - 10:00 pm
Nanaikapono Protestant Church (Waianae)	89-235 Pua Ave.	Monday	7:00 am – 10:00am
Our Lady Of Keaau (Waianae)	P.O. Box 1475	3rd Friday of the month	10:00 am - 2:00 pm
Sacred Heart Church (Waianae)	85-786 Old Government Rd.	Tuesday	10:00 am - 12:00 pm
Waianae Baptist Church (Waianae)	85-131 Ala Hema St.	Wednesday	6:00 pm - 7:00 pm
KEY Project (Kaneohe)	47-200 Waihee Rd.	Monday - Friday	8:00 am - 4:30 pm
Our Lady of Mount Carmel (Kaneohe)	48-422 Kamehameha Hwy.	2nd & 4th Tuesday	12:00 pm - 1:00 pm
St Ann's Project Share (Kaneohe)	46-129 Haiku Rd.	Monday - Friday	1:00 PM
St Mark Lutheran Church (Kaneohe)	45-725 Kamehameha Hwy.	Saturday	8:00 am - 10:00 am
Windward Baptist Church (Kaneohe)	47-528 A Kamehameha Hwy.	Monday - Saturday	2:00 pm - 3:00 pm
Armed Services YMCA @ MCBH (Kaneohe)	455 Bingham Way, Bldg. 455	Monday - Friday (Base Access Required)	7:30 am - 3:30 pm
Dynamic Compassion In Action (Waimanalo)	41-415 Hihimanu St.	Monday	2:00 pm - 5:00 pm

St Anthony's Outreach (Kailua)	148-A Makawao St.	Monday, Tuesday, Thursday, Friday	9:00 am - 11:00 am
St George Catholic Church (Waimanalo)	43-1323 Kalaniana'ole Hwy.	Tuesday & Thursday	9:00 pm -12:00 pm
St Matthew's Episcopal Church (Waimanalo)	41-054 Ehukai St.	Wednesday	5:30 pm -5:45 pm
Waimanalo 7th Day Adventist Church (Waimanalo)	41-592 Poalima St.	Wednesday	9:00 am - 10:00 am
Hope Chapel Kahuku (Kahuku)	56-565 Kamehameha Hwy.	Monday - Friday	8:00 am - 1:00 pm
Jesus Is Alive Fellowship (Haleiwa)	66-405 Waialua Beach Rd.	Sunday	2:30 PM
Once A Month Church (Haleiwa)	66-437 Kamehameha Hwy., Suite 210	On Call 7 days a week	8:00 am - 8:00 pm
St Michael's Outreach (Waialua)	67-390 Goodale Ave.	Monday	8:30 am - 11:00 am
Sunset Beach Christian Church (Haleiwa)	59-578 Kamehameha Hwy.	Tuesday	9:00 am - 12:00 pm

### Meal Programs

Location Name	Address	Hours of Operation
River of Life	101 N. Pauahi St.	Breakfast: M-F 8am – 10:30am Lunch: M-F 12:30pm – 2:30m Dinner: M-F 7pm – 8pm *Closed for lunch on Wednesdays. Sack lunches are handed out at breakfast
Institute for Human Services	546 Kaaahi St.	Breakfast: 7am - 7:45am Lunch: 12pm - 12:45pm Dinner: 6pm - 6:45pm

### Mass Distributions – Ohana Produce Plus Program

Location Name	Address	Area	Days of Operation	Hours of Operation
Armed Services YMCA JBPHH	1260 Pierce St., Suite 145	Central Oahu	Last Wednesday	Distribution: 1:30pm
Armed Services YMCA Schofield/Wheeler	1262 Santos Dumont	Central Oahu	4th Monday	
Pearl City Community Church	933 Lehua Ave.	Central Oahu	Last Saturday	Distribution: 8am
Wahiawa Recreation Center	1020 California Ave.	Central Oahu	Last Thursday	Check-in: 10:30am Distribution: 1:30pm - 2pm
Life More Abundantly Island Church	321 N. Cane St.	Central Oahu	1st Saturday	Distribution: 11:30am
First Assembly of God Wahiawa	300 Wilikina Dr.	Central Oahu	4th Friday	Distribution: 8am - 10am
HCAP Central	99-102 Kalaloa St.	Central Oahu	3rd Friday	Check-in: 10:30am Distribution: 12pm - 3pm
Lighthouse Outreach Center	94-230 Leokane St.	Central Oahu	Every Tuesday	Distribution: 12:30pm - 1:30pm
Surfing the Nations	64 Ohai St.	Central Oahu	1st & 3rd Wednesday	Check-in: 1pm - 2:30pm Distribution: When Truck Arrives
Kamalu Hoolulu Elderly Housing	94-941 Kauolu Pl.	Central Oahu	3rd Tuesday	Distribution: 8am - 10am
Angel Network Charities	5339 Kalaniana'ole Hwy.	Honolulu	1st & 3rd Thursday	Distribution: 1-3pm
Calvary Assembly of God	961 Io Ln.	Honolulu	3rd Friday	Check-in: 9am - 1pm

				Distribution: 3pm
First Assembly of God Red-Hill	3400 Moanalua Rd.	Honolulu	4th Friday	Distribution: 7:30am - 9:30am
Hawaii Cedar Church	1545 Kamehameha IV Rd.	Honolulu	Every Wednesday	Distribution: 12pm - 3pm
HCAP Kalihi-Kam IV Homes	2243 Kalaunu Rd.	Honolulu	3rd Friday	Check-in: 10am - 11am Distribution: 12pm
Institute For Human Services	350 Summer St.	Honolulu	Last Thursday	Distribution: 1pm - 3pm
King's Cathedral Oahu (back parking lot)	549 Halemaumau St.	Honolulu	1st Friday	Check-in: 11am Distribution: 12pm - 3pm
Kuhio Park Terrace	1485 Linapuni St.	Honolulu	3rd Thursday	Check-in: 9am Distribution: 11am
Palolo Housing	2195 Ahe St.	Honolulu	2nd, 3rd, 4th, & 5th Wednesday	Check-in: 11am Distribution: 12:30pm - 3:30pm
Kaahumanu Homes	760 McNeil St., Bldg. 16	Honolulu	1st Friday	Check-in: 12pm - 1pm Distribution: 12pm
Mayor Wright Housing	521 N Kukui St.	Honolulu	2nd Friday	Check-in: 12pm - 1pm Distribution: 12pm
Hawaii First Samoan Assembly	1420 Palama St.	Honolulu	Every Thursday	Check-in: 11am - 2pm Distribution: When Truck Arrives
Boys & Girls Club Ewa Beach	91-884 Fort Weaver Rd.	Leeward Coast	4th Friday Every other month	Distribution: 3pm - 5pm
Nanaikapono Protestant Church	89-235 Pua Ave.	Leeward Coast	1st Saturday	Distribution: 8am
Kaupuni Neighborhood Park	85-1288 Punanaula St.	Leeward Coast	1st Friday	Check-in: 10:30am Distribution: 1:15pm - 2pm
Hale Ola Ho'opakolea Inc.	89-137 Nanakuli Ave.	Leeward Coast	2nd & 4th Wednesday	Distribution: 12:30pm - 3pm
Hawaii Cedar Church Waianae Farm	85-596 Waianae Valley Rd.	Leeward Coast	2nd Friday	Distribution: 12pm - 3pm
HCAP Leeward	85-555 Farrington Hwy.	Leeward Coast	3rd, 4th, 5th Tuesday	Check-in: 12pm - 1pm Distribution: 2pm - 3pm
Nanaikapono Protestant Church	89-235 Pua Ave.	Leeward Coast	4th Saturday	Check-in: 9:30am Distribution: 11am
Sacred Heart Church Waianae	85-786 Old Government Rd.	Leeward Coast	1st & 2nd Tuesday	Check-in: 10:30am Distribution: 12pm - 2pm
Waianae Coast Community Foundation	87-1624 Farrington Hwy.	Leeward Coast	2nd Thursday	Check-in: 9am-10:30am Distribution: 12pm
Old Haleiwa Gym	66-434 Kamehameha Hwy.	North Shore	4th Friday	Check-in: 10:30am - 11am Distribution: 12pm - 2pm
Old Haleiwa Gym	66-434 Kamehameha Hwy.	North Shore	1st Wednesday	Distribution: 12pm - 3pm
Waimanalo District Park	41-415 Hihimanu St.	Windward Coast	1st, 3rd Monday	Check-in: 1pm Distribution: 2pm - 4pm
Key Project	47-200 Waihee Rd.	Windward Coast	3rd Monday	Distribution: 2pm
Kahuku Medical Center - Trailers	56-117 Pualalea St.	Windward Coast	4th Monday	Distribution: 3:30pm - 5:30pm
Hauula Beach Park	54-135 Kamehameha Hwy.	Windward Coast	1st Monday	Distribution: 11am - 2pm
Key Project	47-200 Waihee Rd.	Windward Coast	1st Tuesday	Distribution: 2pm
St. George Catholic Church	41-1323 Kalaniana'ole Hwy.	Windward Coast	1st Thursday	Distribution: 2pm - 4pm

**O'AHU HOMELESS HELP CARD**

Information provided by Partners In Care Hawai'i

Produced as a service of the City and County of Honolulu's Office of Housing

**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**DOMESTIC VIOLENCE SHELTERS**Child & Family Services ..... 841-0822  
PACT 'Ohi'a Shelter ..... 526-2200  
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 Kane'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 (*FIS*) ..... 732-2802  
Salvation Army Adult Males (*ATS*) ..... 595-6371  
Salvation Army (*ARC*) ..... 800-728-7825  
Sand Island Treatment Center ..... 841-3915  
Women In Need (*Intensive Outpatient Program*  
*for Women & Men*) ..... 486-1996**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, Kane'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'uaniu*)OR&L Processing Center ..... 586-8047  
(*For Iwilei, Palama*)Pohulani Processing Center ..... 587-5283  
(*For Kina'u, Moanalua, Pawa'a, Punawai*)

Wahiawa Processing Center ..... 622-6315

Wai'anae Processing Center ..... 697-7881  
(*For Ka'ala, Wai'anae*)Waipahu Processing Center ..... 675-0052  
(*For Waikele, Kapalama*)**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*) ..... 768-5700  
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  
Salvation Army (*Family Services*) ..... 841-5565**Call 211, check w/ outreach agencies or churches****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*) ..... 291-3937  
Revive + Refresh (*Mobile Hygiene Center*) ..... 779-6738  
Safe Haven ..... 524-7233**LEGAL**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  
Kokua Kalihi Valley ..... 791-9400**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  
Kane'ohe (*adults*) ..... 233-3775  
Central O'ahu Fam Guide Ctr (*Kane'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  
Kahi Mohala Behavioral Health ..... 671-8511  
Safe Haven, Mental Health Kokua ..... 524-7233**PET SERVICES**Hawaiian Humane Society Animal Emergency/Stray Pick Up  
..... 356-2250  
Pet Spay/Neuter or Surrender ..... 356-2285**RENTAL ASSISTANCE**ALEA Bridge ..... 379-2532  
Catholic Charities Hawaii ..... 524-4673  
Women In Need ..... 486-1996**SHELTER: EMERGENCY**Family Promise (*families*) ..... 548-7478  
Hale Kipa (*youth*) ..... 754-9844  
IHS (*men*) ..... 447-2900  
IHS (women and families) ..... 447-2800  
IHS Hale Mauliola Sand Island  
Navigation Center (*Pet Friendly*) ..... 744-4492  
Kealahou West O'ahu - Onelau'ena ..... 782-4342  
Next Step Shelter (*Waikiki Health*) ..... 585-8800Pai'olu Kai'aulu, U.S. VETS  
Wai'anae Civ. Center (*Pet Friendly*) ..... 664-1400  
RYSE (*Youth ages 18-24*) ..... 498-5180**SHELTER: TRANSITIONAL**Alternative Structures (*Wai'anae - families*) .....  
'Ohana Ola O Kahumana ..... 696-4095  
Catholic Charities Ma'ili Lnd (*families*) ..... 696-4885  
Gregory House (*HIV*) ..... 592-9022  
Hale Kipa (*youth*) ..... 284-2079  
Hale Ulu Pono ..... 682-4466  
Holomua Na 'Ohana (*families*)  
Weinberg Village Waimanalo ..... 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 Kokua ..... 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  
Legal Aid Society of Hawai'i ..... 536-4302  
Living the Word ..... 834-2823  
RYSE (*Youth ages 18-24*) ..... 498-5180  
Safe Haven, Mental Health Kokua ..... 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 (*YO!*) ..... 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  
Dept. of Veterans Affairs (*SATP*) ..... 1-800-214-1306  
Hawai'i Vet 2 Vet Inc. .... 543-1115, 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  
Veterans Suicide Hotline ..... 1-800-273-8255

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, vauum 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
Nutrional 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)
Soymilk, shelf stable	6 months
Tea, bagged	18months
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