



Basic Needs: Food, Clothing, & Nutrition

Organization	Description	Service Area	Contact
40 Prado Homeless Services Center Capslo.org/40-prado/	Provides shelter, food, laundry, shower, mail services, pet kennels, and medical care for homeless individuals or those at risk	On site at 40 Prado Road, San Luis Obispo	Call: 805-544-4004 ext. 2 Email: Chale@capslo.org Complete the online form: tinyurl.com/CAPSLO-Referral
ALF Food Pantry Alffoodpantry.com	Food pantry open Monday-Friday, 1-3PM 5411 El Camino Real, Atascadero	Serving Atascadero, Templeton, Santa Margarita, Creston, and the California Valley	Call: 805-461-1504
Bento GoBento.com	Free, healthy groceries ordered via text message and delivered to your house; Available for certain CenCal & Medicaid patients	Serving California communities	Call: 1-800-936-3022 Email: support@gobento.com Apply online: GoBento.com
CalFresh Food Assistance Slocounty.gov/calfresh	Helps individuals and families purchase food with an EBT card and monthly stipend to use at grocery stores and some farmers' markets	Visit any Social Services Office to apply in person Apply online at getcalfresh.org	Call: 805-781-1600
County of SLO Women, Infants, and Children (WIC) Slocounty.gov/wic	Food assistance using E-WIC debit cards, nutrition counseling, breastfeeding support, and referrals for eligible individuals	Apply at a WIC office near you	Call: 805-781-5571 Text: 888-417-6180
Goodwill Central Coast Ccgoodwill.org	Low-cost household goods and clothing; Can provide assistance with food and housing	Locations in San Luis Obispo, Grover Beach, Atascadero, and Paso Robles	Call: 805-544-0542
The Link Family Resource Center LinkSLO.org	Free family support services including food, housing, clothing, healthcare, and parent education; <i>Must be referred</i>	Locations in Atascadero and Paso Robles	Call: 805-794-0217 Email: Carrie@linkslo.org Refer a Family: LinkSLO.org/#referral



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<p>Los Osos Cares/Womenade LosOsosCares.com</p>	<p>Supports families with community meals, clothing, financial and housing assistance, and provides resources</p>	<p>Supporting the North Coast; Los Osos, Morro Bay, and Cayucos</p>	<p>Email: wecareinlosos@gmail.com</p>
<p>North County NeighborAid CFSSLO.org/North-County-Neighboraid/</p>	<p>Provides “gifts” to help families in crisis; “Gifts” can include gas cards, utility payments, food, rent, and more; <i>Must be referred by a human service worker or other professional (teacher, clergy, etc)</i></p>	<p>Supports clients in North San Luis Obispo County</p>	<p>Email: info@NoCoNeighborAid.org Refer a Family: CFSSLO.org/North-County-Neighboraid/</p>
<p>Pregnancy & Parenting Support of SLO County PPSSLO.org</p>	<p>Provides maternity & baby clothing, diapers, wipes, formula & baby food, nursing supplies, baby equipment, and new car seats; Services by appointment only</p>	<p>3480 S. Higuera St, Suite 100, San Luis Obispo</p>	<p>Call: 805-541-3367 to schedule Email: info@ppsslo.org</p>
<p>The Salvation Army SanLuisObispo.SalvationArmy.org</p>	<p>Provides emergency financial assistance for housing, food, utility bills, transportation, and more; Financial assistance by appointment only</p>	<p>Locations throughout SLO County</p>	<p>Call: 805-544-2401</p>
<p>South County Womenade www.sslocw.org</p>	<p>Distributes foodbank food, clothes, and books at Nipomo Elementary school; hosts weekend nutrition program at local schools</p>	<p>Supporting South SLO County; Arroyo Grande, Grover Beach, Nipomo, Oceano, and Pismo Beach</p>	<p>Email: sslocwomenade@gmail.com Call: 805-270-5751</p>
<p>SLO Food Bank SLOFoodBank.org</p>	<p>Provides and connects you with food resources including food distributions, meals, pantry sites, and more</p>	<p>Go online and find a location near you</p>	<p>Call: 805-238-4664</p>
<p>Tangelo JoinTangelo.com</p>	<p>Prescription food service delivering healthy meals or groceries to your door; Free for many CenCal clients and other insurance plans</p>	<p>This is a virtual resource</p>	<p>Call: 254-415-5086 Visit: JoinTangelo.com</p>
<p>The Traveling Children's Closet & The Teen Closet Clothingclosets.org/trailers</p>	<p>Free clothing, school supplies, and resources for newborns- teens</p>	<p>Arroyo Grande, Nipomo, Santa Maria, and San Luis Obispo</p>	<p>Call: 805-709-8673</p>