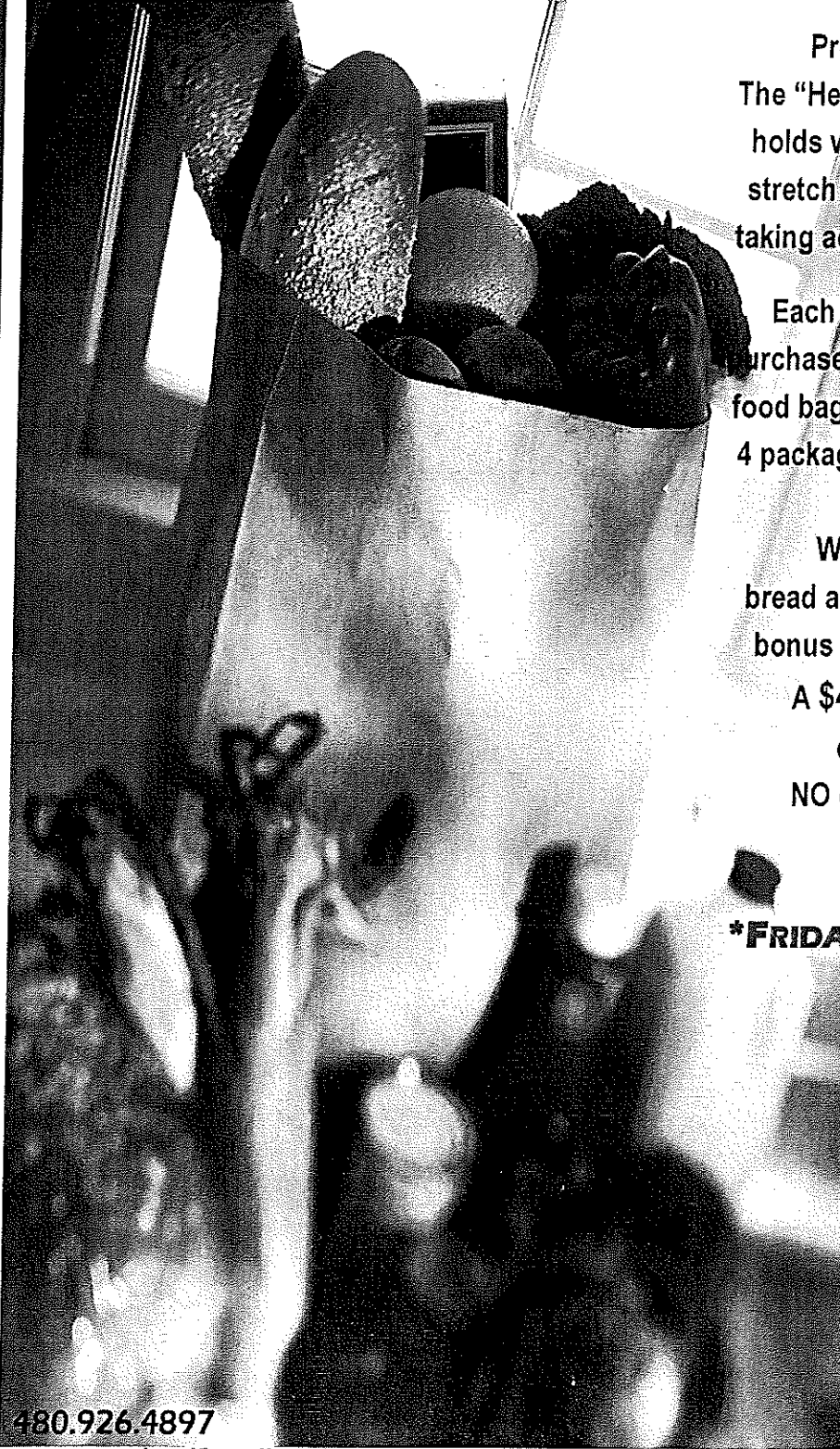


HELP YOURSELF! PROGRAM



NEIGHBORS HELPING



Presented by United Food Bank, The "Help Yourself Program" offers households with limited resources the ability to stretch their food dollars a little further by taking advantage of our food buying power.

Each week families or individuals can purchase through our Co-op, pre-assembled food bags containing: 4 fresh frozen meats, 4 packaged dry goods and 4 items of fresh produce & fruit.

We also offer complementary bread and pastry, PLUS a variety of other bonus items, depending on the season.

A \$40 total value for only \$17.00

cash or food stamps ONLY.

NO qualifying, NO requirements!!

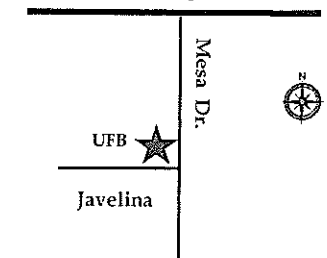
JOIN US...

***FRIDAYS— 8:00 AM TO 2:00 PM**

***excluding holidays**

The United Food Bank
358 E. Javelina Avenue
Mesa, AZ 85210

US 60- Superstition



Baseline Rd.

480.926.4897

www.unitedfoodbank.org

MESA

Mesa Salvation Army

241 E. 6th St.-Mesa 85201
480 833-8322
Mon-Thurs 8am-11:30am &
1 to 3:30 pm, THURS 1-6PM
Fridays 8-12Pm

Mesa Drive, North of University

First Evangelical Lutheran Church

142 N. Date Street-Mesa 85201
480 969-7221

Tues. & Thurs. 9-11:30am, walk-in
No Food 2nd Tuesday

St. Vincent De Paul Dining Room

67 W. Broadway - Mesa 85210
480 649-0081

Breakfast 7:00 a.m.-8:30 a.m.
Lunch 9:30 a.m.-11:30 a.m.

Care Partnership

466 S. Belleview St.-Mesa 85204
480-833-8987

Family & Clinical Services:
Mon-Thurs 8am-6pm

Clinic Services: Call ahead of time

Christ The King (Hope Outreach)

1616 East Broadway-Mesa 85204
480-964-1719

Tues. 10:30am-noon Thurs 5-6:15pm

Assists parishoners within boundaries

Queen of Peace

141 N. MacDonald - Mesa 85201
480-366-4953

Mon. Wed. Fri.: 8-11am
Zip codes served: 85201,85202,85210

Macdonald North of 1st Street

WIC

*430 N. Dobson Road-85201

Dobson/University

480-833-0334

*Fax-480 833-3271

Food supplements for babies-5years

Paz de Cristo

424 W. Broadway Rd.-Mesa 85210
Broadway/Country Club

480-464-2370

2nd Tuesday & 4th Saturday every
month 11am to 2pm

Dinner Every day @ 5:45-6:45pm

Photo ID, proof of address required
must have same address on both

Assistance with IDs call for appt.

A New Leaf/Mesa CAN

635 E. Broadway-Mesa 85204
480-833-9200

Broadway East of Mesa Drive
By Appt.-Mesa Residents ONLY
Utilities Monday 5-6pm
Rent & Mortgage Tuesday 5-6pm

WIC

*430 N. Dobson Road-85201

Dobson/University

480-833-0334

*Fax-480 833-3271

Food supplements for babies-5years

First Presbyterian Church

161 N. Mesa Dr.-Mesa 85201

On Mesa Dr.-Btwn Main & University
480 649-0206 for Rental/Utility
Assistance

480 964-8606 for Food Boxes

Friday 10am-noon

St. Mark's Episcopal Church

480 964-5820

322 N. Horne Street-Mesa, AZ 85203
on Horne St. South of University
Food Boxes every 2nd and 4th Tues.
10:00 to 11:30 am, Picture ID,
Proof of Residence REQUIRED

Gateway Bible Church

1621 North Pasadena-Mesa, AZ 85201
480 834-9091

SE of Mckellips/Center by Kerr Elem.

Main distribution held every
2nd Tuesday of the month 3-5 pm
Emergency Food boxes available as
needed

First United Methodist Church

Sack Lunches Monday-Friday 6-9pm
SHOWERS: Mondays & Fridays, 6-11am
215 E. University Drive

Tempe, AZ 85281

Mill & University 480-967-3376

Manna Food Bank/Stuff Thrift Store

Resurrection Street Ministry

1135 E. Main Street-Mesa

480 615-2799

Mon/Fri:5-6, Wed/Sat:3-4

ID REQUIRED

WIC

*635 E. Broadway Road-85204

West of Horne on Broadway

480 668-2822

Food Supplements for babies- 5 years

Church of the Resurrection

3201 S. Evergreen

Tempe, AZ 85282

Tuesday & Thursday 9am to 11am
Southern & Dobson

Serves Mesa & Tempe boundary area only
480-838-0207

Casa de Amor Baptist Center

819 S. MacDonald
480-464-2877

Mon. to Wed., 9am-10:30am

Make an appointment @ 480-464-2370

ST. VINCENT DE PAUL

For Referrals in your location
480 966-1974

OTHER RESOURCES

www.azfoodbanks.org

2-1-1

MESA/EAST MESA

(continued)

LAST PROGRAM 5-25-13
Central Christian Church

THE CHURCH OF JESUS CHRIST
OF LATTER DAY SAINTS
480 829-8907

Mesa Transient Services

430 829-8907

Mon-Fri 9am to 3pm

LUTHERAN SOCIAL SERVICES
OF THE SOUTHWEST

5946 E. University Drive

480-654-4539

NW of University/Recker

Mon.Wed.Fri. 9am-11am

STREETS OF JOY FOOD
OUTREACH

480.832-9175

Recker Road & Main Street

Tues. 5-7, Wed.- Fri. 12-2pm

Sat. 1-4pm

HOLY CROSS-SVDP

1244 S. Power Rd.-Mesa 85206

480-985-4259

Power South of Southern

electricity only, food boxes Mon-Sat

deliver food boxes

RED MOUNTAIN
UNITED METHODIST CHURCH

2936 N. Power Road-85215

480 981-3833

Power/McDowell

Mon-Thurs 9am to 4pm, Fri 9am-3pm

ALL SAINTS CATHOLIC
CHURCH

1534 N. Recker Rd.
Mesa, AZ 85205

480-985-7693

(North of Brown) Food,
Rent,
Utility Assistance "in
boundary"

resident only CALL FOR
APPT.

BROADWAY CHRISTIAN
CHURCH

7335 E. Broadway
Mesa, AZ 85208

480 807-1668,
Information line

Mon to Wed 9am - 12pm

Reside Within a 4 mile
radius

SERVES ZIP CODES 85206-
85209

MESA PALMS SEVENTH
DAY ADVENTIST

6263 E. Thomas Rd.

Mesa, AZ 85215

Call to Make Arrangements
480-985-3140

Recker South of McDowell

WIC 602-550-5741

4419 E. Main Street, #103

480-984-1068

Main & Greenfield
Food supplements to women
and infant
Children up to 5 years: Mon-Fri
7:30-5pm

IMPACTED FOR PURPOSE MINISTRY

480-491-2878

Main St & Greenfield Rd
Mon. Tue. Thur. 9:00 a.m.-2:00 p.m.

Church of the Master

6659 East University Drive

480 985-1660

Monday 9-11am

Must live within 5 Mile radius

MESA SENIOR CENTER EAST

7550 E. Adobe Rd.

Mesa, AZ 85207

480-218-2221

Adobe West of 80th Street

EAST MESA FOOD BANK

752 S. Ellsworth

480-986-9827

Ellsworth Between Broadway/Southern

Sunday distribution at 4:45pm
Food-Clothing-Personal Hygiene items

Available after Services

LIFE'S DESTINY CHRISTIAN BIBLE
CHURCH

2601 E. Brown Road-Mesa, 85213

Lindsay/Brown

480 588-7960 call anytime

Food Boxes Tues. Wed. 11am-1pm

PHOTO ID REQUIRED