

Contra Costa food banks, churches offer help for the holidays

By Trine Gallegos For the Contra Costa Times

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The holidays can be a mixed bag -- joyful but, for many, stressful when there's a lack of groceries in the home.

Food banks in East County can often provide meals, free food and groceries for seniors, those with a low income and those in need. During winter break, some students will miss out on free meals they receive at school.

"The economy may be getting better but for far too many in our community that has not yet translated into an income level that can keep food on the table," Larry Sly, executive director for the Contra Costa Food Bank, said.

He added that the number of people the CC and Solano Food Banks provide food to "has increased more than 25 percent in the last two years. One in eight residents now relies on the Food Bank."

"Partnership with schools like Antioch High helps us reach those in need and are invaluable to feeding our community," he said.

In addition to Food Bank-run pantries, a number of other groups and churches also offer help. Below is a sampling of some in East County. Before visiting a local pantry, call for hours of operation and requirements (if any).

ANTIOCH

Antioch Ministerial Fellowship, 2507 San Jose Drive, 925-757-1672

Community Outreach Center, 525 E. 18th St., 925-778-1893

Grace Bible Fellowship Church, 3109 Lone Tree Way, 925-522-2017

Holy Rosary Church (St. Vincent de Paul), 1313 A St., 925-757-0941

Visions Christian Center, 2752 W Tregallas Road, 925-777-0290

BAY POINT:

West Pittsburg Community Church of God in Christ, 204 Bailey Road, 925-458-2831

BETHEL ISLAND:

Bethel Island Baptist Church, 3725 Gateway Road, 925-684-3700

BRENTWOOD:

Family Worship Center, 161 Sand Creek Road, Suite A, 925-308-7737

Harvest Time Church, 2200 Ventura Dr., 925-516-1908

Immaculate Heart of Mary (St. Vincent de Paul), 500 Fairview Ave., , 925-634-4154

Rejoyce Christian Center, 90 Village Drive, 925-240-0380

BYRON:

Byron Methodist Church, 14671 Byron Highway, 925-634-6625

OAKLEY:

The Lord's Pantry, 1349 Yosemite Circle, 925-679-1353

PITTSBURG:

Church of Good Shepherd (St. Vincent de Paul), 3200 Harbor St., 925-432-6404, ext. 17

First Baptist Church, 224 Linda Vista, 925-473-2018

Greater Faith Missionary Baptist Church, 4150 Railroad Ave., 925-427-2161

Pittsburg Seventh Day Adventist Church, 900 Los Medanos St., 925-432-7355

For additional and supplemental food offers provided by the Contra Costa Food Bank, visit www.foodbankccs.org or <http://bit.ly/1GnVlfn>. It's important to note that most pantries and the Food Bank count heavily on donations from the community. If interested in donating to the CC Food Bank, which serves East County, visit <http://bit.ly/1wyktvG> or www.foodbankccs.org for more details.

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