

Flow



Look, times are tough. That's no secret. And when times are tough what is one of the first things that gets stressful? Food. Lucky for you **FLOW LIFE SKILLZ** is here to help.

There are tons of places in Santa Cruz that give out free food (yeah, FREE), check it out!



SECOND HARVEST FOOD BANK

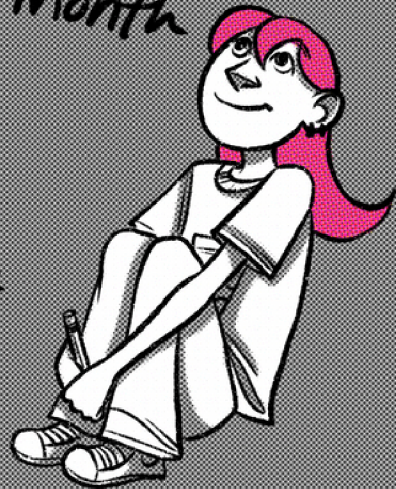
- @ Faith Community Church the 2nd & 4th tuesday of each month
- @ 800 Ohlone Parkway in Watsonville open Mon-Fri 8AM-4PM (+ many other locations!)

APTOS CHRISTIAN FELLOWSHIP

- @ 7200 Freedom Blvd. in Aptos open last tuesday of each month 10 AM-12 PM

THE SALVATION ARMY

- @ 721 Laurel St in Santa Cruz open Mon-Fri 9AM-4PM



One more for
good measure!

MOUNTAIN COMMUNITY RESOURCES

@ 6134 Hwy 9 in Felton
every Thurs 11AM-12PM
PAJARO VALLEY LOAVES + FISHES INC.

@ 150 2nd St. in Watsonville
hot lunch Mon-Fri. 12PM-1PM
pantry Mon-Fri. 9AM-11:30AM. 1PM-3PM
VALLEY CHURCH UNITED MISSIONS

@ 9400 HWY 9 in Ben Lomond
pantry open to all Tues, Wed, Thurs
9:00-11:45AM

CHECK 'EM OUT!!



Food insecurity is
WAY more normal
than everyone thinks.
If you're there
know that you
have tons of
resources available
& people who
want to help!

Because food = love!!

