



### Be an Open Heart Hero

Open Heart Kitchen relies on community support to keep our doors open. You can help us feed the needy of the Tri-Valley.

### Register to Volunteer

We need individuals, families, students, scouts, and groups to help us make a difference in the lives of others. You can register to volunteer by visiting [openheartkitchen.org/getting-started](http://openheartkitchen.org/getting-started) or by calling (925) 580-1616 ext 405.



**Open Heart Kitchen**  
**1141 Catalina Drive #137**  
**Livermore, CA 94550**  
**(925) 580-1616**

(Above is a mailing address only)  
**Open Heart Kitchen is a 501(c)(3)**  
**charitable organization.**

## Hot Meal Program

### Serving Anyone in Need

**No Qualifications. No Charge.**  
**Everyone is Welcome.**

**To-Go Meals Available**

**7 Days a Week**

**FOR A SCHEDULE AND**

**LOCATIONS VISIT**

**[openheartkitchen.org](http://openheartkitchen.org)**

**Senior Meal Program**  
**Serving Guests 60+**

**MONDAYS - FRIDAYS**

**Reservations Required**

**Ridgeview Commons**  
5200 Case Ave., Pleasanton  
4pm-6pm

**Robert Livermore Community Center**  
4444 East Ave., Livermore  
12pm-1pm

**Dublin Senior Center**  
7600 Amador Valley Blvd., Dublin  
11:30am-12:15pm

**Pleasanton Senior Center**  
5353 Sunol Blvd., Pleasanton  
11:45am-1pm

**[openheartkitchen.org](http://openheartkitchen.org)**



# Open Heart Kitchen

*Feeding the Hungry  
of the Tri-Valley*



# People in the Tri-Valley are going hungry today



Food is a basic human need, yet thousands right here in the Tri-Valley start each day not knowing where their next meal will come from. Hunger is impacting our community in greater numbers than ever before and we need your help to make a difference.

**Open Heart Kitchen serves people in need through three meal programs.**

## **HOT MEAL PROGRAM**

Our Hot Meal Program serves anyone in need. Anyone who is struggling to make ends meet can rely on OHK for a source of nutrition throughout the week for their families.



## **SENIOR MEAL PROGRAM**

Our Senior Meal Program addresses the nutritional gap of low-income seniors. We prepare and serve meals Monday-Friday for seniors at four different sites in the Tri-Valley. The meals are served in a congregate setting promoting both social interaction and healthy eating.



**Often our clients are forced to choose between:**



**Food or Medicine**



**Food or Utilities**



**Food or Shelter**



## **CHILDREN'S WEEKEND BAG LUNCH PROGRAM**

Open Heart Kitchen's Weekend Bag Lunch Program addresses the nutritional gap of children who receive free/reduced school lunches during the week, but lack a secure source of nutrition over the weekend. Bag lunches are distributed to schools in Pleasanton, Livermore, and Dublin every week. By providing a stable source of nutrition to children over the weekend, the program helps mitigate the numerous physical and emotional impacts of hunger.

## **Donations**

Donations can be made on our website or by mail.  
[openheartkitchen.org](http://openheartkitchen.org)

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