



STRETCHING YOUR DOLLARS

Food

- You can often get fruit and vegetables at a cheaper price if you go to the Farmers Market at the end of the selling day, since vendors would rather get paid less for their produce, than pack it up and haul it back to the farm or have to find a way to dispose of it.
- **The Free Farm Stand** distributes free produce from local organic gardeners, organic farmers, organic fruit from backyard fruit trees and public spaces. They also offer garden advice & help to those who want to start their own garden, including giving away seedlings.
Sundays 1-3 pm • Treat Commons Community Garden • the corner of 23rd St. & Treat Ave.
<http://freefarmstand.blogspot.com/2009/06/pride-day-free-farm-stand.html>
- Free groceries & meals are available throughout the city (see Free Print Shop pantry & free eats lists).

PGE

PGE offers several discounts based upon income and medical need. It is possible to use more than one of these discounts at a time:

- California Alternate Rates for Energy (CARE): (866) 743-2273
- Family Electric Rate Assistance (FERA): (800) 743-5000
- Medical Baseline: (800) 743-5000
- TTY (800) 652-4712 • Spanish (800) 660-6789 • Cantonese/Mandarin (800) 893-9555

Phone/Communication

- **ATT Universal Lifeline** is a discount for basic phone service for low income customers (landlines only – no cell phone service discounts). (866) 999-6181
 - TTY 800 651-5111 • Spanish (800) 870-5855 • Cantonese/Mandarin (800) 281-2288
- Free voicemail - Central City Hospitality House/Self-Help Center - 290 Turk Street
- Free Phone use
 - Central City Hospitality House/Self-Help Centers (2 locations)
290 Turk Street • 169 & 181 Sixth Street
 - Mission Neighborhood Resource Center - 165 Capp Street

Housing

If your rent is based on a percentage of your income and your income has decreased, have it recalculated. Take your letter showing the decrease to the manager's office or, if you have Section 8, to the Housing Authority office at 1815 Egbert St.

Transportation

- **Bay Area** - Make sure you take full advantage of transportation discounts for people with disabilities such as BART, Muni, Taxi (extremely limited) – see ILRCSF handout
- **Homeward Bound**
San Francisco's Human Services Agency provides a one way bus ticket to areas outside of the Bay Area for people who are stranded (homeless or "marginally" homeless) in San Francisco. To qualify you must have no outstanding warrants, and not be on probation or parole. You must have a working phone number of a person who will verify that they will take you in when you arrive at your destination. You can take 2 suitcases/duffle bags weighing no more than 50lbs. each, and a small carry-on bag. Go to 1235 Mission by 9a.m. (tell guard "Homeward Bound"). After warrant check, interview and successful phone call, you'll get a Greyhound ticket to travel THAT DAY, plus meal money. (415) 533-3475

Individual Emergency Grants

Modestneeds.org (website) makes small grants to people with an unexpected expense that threatens financial stability, including assistance to people with disabilities to support independent living.

Miscellaneous Items

There are several resources that link people who need items (including durable medical equipment) with those who are trying to get rid of them. Items can be used or new, and are usually less expensive (sometimes free) than if purchased from a retailer:

- **freecycle.org** (website) • **craigslist.org** (website) • **The Advertiser** - free paper/**sfadvertiser.com**
- **Home Cares** offers recycled durable medical equipment and medical supplies (no syringes or medication). (415) 487-5405

Medical Services

- The State has cut many “optional” MediCal healthcare services. There are a several clinics in San Francisco that will provide some of these services free of charge or on a sliding scale for people who are uninsured. It may be worthwhile to check to see if they will provide services to people who have insurance (such as MediCal) that no longer covers a particular service (see Free Print Shop list of Medical Services)
- **Hearing and Speech Center of Northern California** charges people with Medi-Cal what had been the Medi-Cal rate when service was covered. (415) 921-7658 • TTY (415) 921-8990
- If you are in need of a healthcare service that is not covered by your insurance, or you have no healthcare coverage, let your doctor know, and check to see if the clinic/medical facility has a financial aid/assistance office. They may be able to provide the care to you on a sliding scale.
- If you are enrolled in an HMO through Medi-Cal, check to see if the plan will continue to provide services/supplies/medication that have been cut by “traditional” Medi-Cal.
- **San Francisco County Veterans Service Office** assists people who served in the military to identify benefits for which they may be eligible - regardless of the type of discharge they received. (415) 554-7100 • (800) 907-5799
- Make sure you take full advantage of all programs that pay for Medicare premiums, copays and/or deductibles. For add'l info.: HICAP (800) 434-0222 • ILRCSF (415) 543-6222

Prescriptions

- **The Partnership for Prescription Assistance (PPA)** assists qualifying patients without prescription drug coverage (or who need medication not on insurance plan formularies) to get the drugs they need for free/nearly free, by identifying Patient Assistance Programs (run by the drug companies & state gov't's) for which they may be eligible. (888)477-2669 **www.pparx.org**
- Make sure your doctor/prescriber knows that you cannot afford medication/supplies. S/he might have free samples and/or be able to help you apply for assistance obtaining what you need.

Dental

The following clinics offer dental services on a sliding scale basis:

- Northeast Medical Service - (Eng/Sp/Cantonese/Mandarin/+) (415) 391-9686
- South of Market Health Center - (Eng/Sp/Cantonese/+) (415) 626-2951
- Tom Waddell Clinic - (Eng/Sp) (415) 355-7400
- Haight Ashbury Free Clinic - (Eng/Sp) (415) 746-1940
- Mission Neighborhood Resource Center - (Eng/Sp/+) (415) 552-3870
- Southeast Health Center - (Eng/Sp/Cantonese/Mandarin/+) (415) 671-7000
- Native American Health Center - (Eng/Sp) (415) 621-8056

Vision

The following clinics offer eye exams (glasses**) on a sliding scale basis:

- Northeast Medical Services** - (Eng/Sp/Cantonese/Mandarin/+) (415) 391-9686
- Tom Waddell (diabetes related only) - (Eng/Sp) (415) 355-7400
- Southeast Health Center**- (Eng/Sp/Cantonese/Mandarin/+) (415) 671-7000

Podiatry

The following clinics offer podiatry services on a sliding scale basis:

- Northeast Medical Services - (Eng/Sp/Cantonese/Mandarin/+) (415) 391-9686
- Tom Waddell Clinic - (Eng/Sp) (415) 355-7400
- Southeast Health Center - (Eng/Sp/Cantonese/Mandarin /+) (415) 671-7000
- St. Anthony's Free Medical Clinic - (Eng/Sp/Cantonese/Mandarin/+) (415) 241-8320