

Los Angeles Food Access Information

Below are some organizations that aim to serve food-insecure families in the local community. Please feel free to share this sheet with anyone who might find these resources useful.

- Westside Food Bank | (310) 828-6016 | 1710 22nd St. Santa Monica, CA 90404
 - Partner programs serve neighborhoods of Santa Monica, Venice, Culver City, West Los Angeles, West Hollywood, Inglewood, the LAX area, the West Los Angeles VA, and several college campuses: <https://www.wsfb.org/our-services/need-food-help/>
 - Hours vary from site to site, check out the website above to find your nearest distribution center
- Los Angeles Regional Food Bank | (323) 234-3030 | 1734 East 41st Street, Los Angeles, CA 90058
 - Distribution Sites: <https://www.lafoodbank.org/find-food/pantry-locator/>
 - Enter your address above to find your local food pantry. Pantry distribution dates and times are subject to change. Please contact the agency directly to confirm distribution times.
- Seeds of Hope Food Distribution | (213) 482-2040 | 840 Echo Park Ave. Los Angeles, CA 90026
 - Distribution sites all over Los Angeles that have a set schedule; check out the website to find a location near you: <https://www.seedsofhopela.org/food-distribution.html>
- FEEDLA (For Kids Ages 1 - 18)
 - Visit <https://www.ymcala.org/feedla> for various sites near you; dates and times will posted there
 - Participants may register at any participating location. For more information, please contact SisySagastume@ymcaLA.org.



West Hollywood

- **Plummer Park** | every Tuesday at 11am
7377 Santa Monica Blvd., West Hollywood
- **Sierra Bonita Apartments** | 1st Tuesday at 10:30am
7530 Santa Monica Blvd., West Hollywood
- **Havenhurst Apartments** | 1st Tuesday at 1pm
1435 Havenhurst Dr., West Hollywood
- **Courtyard Apartments** | 2nd Tuesday at 1:30pm
1145 N. La Brea Ave., West Hollywood
- **Blue Hibiscus Apartments** | 2nd Tuesday at 10:30am
1125 N. Detroit St., West Hollywood
- **Movietown Square Apartments** | 3rd Tuesday at 10:30am
7316 Santa Monica Blvd., West Hollywood
- **Harper Community Apartments** | 3rd Tuesday at 1:30pm
1260 N. Harper Ave., West Hollywood
- **Laurel-Norton Apartments** | 4th Tuesday at 10:30am
1217 Laurel Ave., West Hollywood
- **Hayworth Apartments** | 4th Tuesday at 1:30pm
1234 Hayworth Ave., West Hollywood

Los Angeles

- **Los Angeles LGBT Center - Mi Centro** | the 9th of every month at 11am
553 S. Clarence St., Los Angeles
- **Los Angeles LGBT Center - McCadden** | 1st Tuesday at 11am
1118 N. McCadden Place, Los Angeles
- **Buena Vida Adult Day Health Care** | 1st & 3rd Tuesdays from 10am-12pm
1617 Beverly Blvd., Los Angeles
- **Mosaic Gardens at Westlake** | 1st & 3rd Tuesdays at 3pm
111 Lucas Ave., Los Angeles

For Seniors and Homebound Residents

1 Home Delivered Meals Program

- How to Apply: wdacs.lacounty.gov/services/older-dependent-adult-services
 - a. Call the County of Los Angeles Information and Assistance Line at 1-800-510-2020.
 - b. You will be directed to a HomeDelivered Meals Program service provider in your area.

2. Great Plates Delivered (online meal delivery) | Call 2-1-1 - Delivery available to seniors, must apply online at wdacs.lacounty.gov/greatplates

3. Meals on Wheels West | 310-394-5133 | 1823-A Michigan Ave., Santa Monica, CA | Delivery available daily by appointment; must call to make an appointment

Apply for CalFresh (formerly known as Food Stamps):

- Helps low-income households increase their food-buying power to meet their household's nutritional needs. CalFresh benefits issued through Electronic Benefit Transfer, or EBT card, can be used in grocery stores and participating Farmers Markets. Learn more here: <https://dpss.lacounty.gov/en/food/calfresh.html>
 - Application for California Benefits: <https://benefitscal.com/>



Ways to Help Increase Food Accessibility

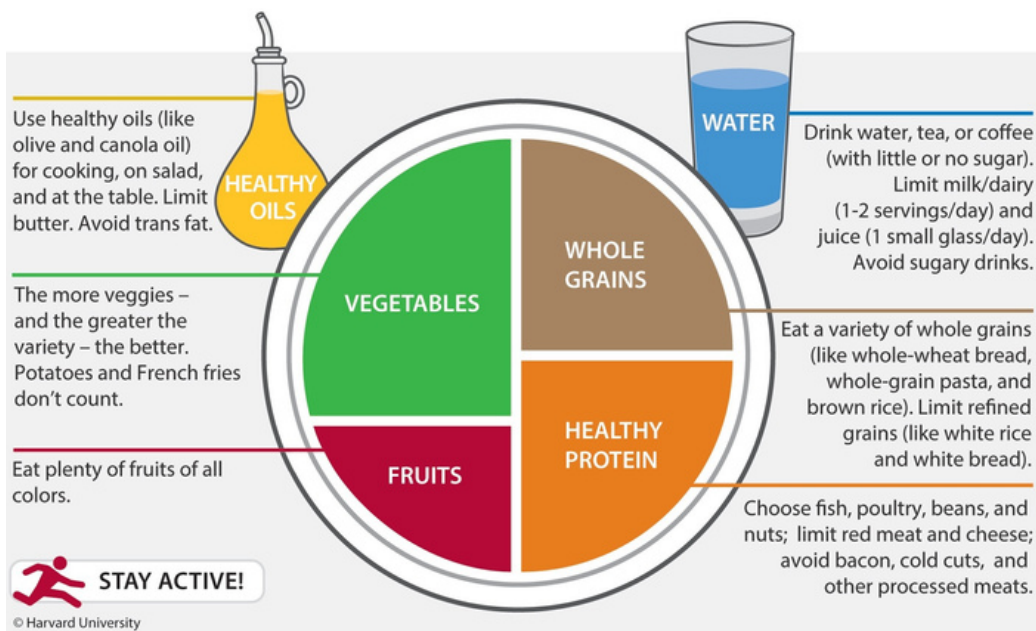
For Volunteers:

- Food Forward - Volunteers are needed to end food waste and bring fresh fruits and vegetables to people in the LA community Visit: <https://foodforward.org/volunteer/>
- Los Angeles Regional Food Bank: Volunteers are needed for food distribution and must register online through <https://www.lafoodbank.org/volunteer>
- Our Big Kitchen Los Angeles: Volunteers help with a wide range of kitchen activities from food prep and coordination of group activities, to cleaning, packaging, setting up, and food distribution. Learn more by visiting: <https://www.obkla.org/how-you-can-help>
- Project Angel Food: Help with meal delivery and kitchen assistance; Email volunteers@angelfood.org if interested. To learn more, visit: <https://www.angelfood.org/delivery/volunteers/individuals-and-groups>

How to Eat Healthy at No Extra Cost

Visit www.hsph.harvard.edu/nutritionsource/healthy-eating-plate for up-to-date information on nutrition.

HEALTHY EATING PLATE



Did you know you can get plenty of protein from plants? AND it's generally more cost effective than buying animal products. Here are some great plant protein sources to try and home: lentils, tofu, nuts, chickpeas (all beans!), broccoli, seeds, sprouts, edamame, quinoa, and dark leafy greens.



Try to consume added sugars in moderation. The [American Heart Association](#) recommends limiting added sugars to no more than 6% of calories each day (about 6-9 tsp/day for women/men). For children, the recommendation is to limit sugar intake to a maximum 5 tsp/day.

Americans eat on average about 3,400 mg of sodium/day. However, the [Dietary Guidelines for Americans](#) recommends that adults limit intake to less than 2,300 mg/day (equal to about 1 teaspoon of table salt). For children, it's even less!

To manage salt and sugar intake, a good rule-of-thumb is to limit processed and fried foods.



For resources on how to practice plant-forward eating: www.rootedsantabarbara.org

For tips & tricks on how to navigate healthy and affordable food at the grocery store: www.kidsinnutrition.org/tips-tricks

For healthy child-friendly recipes: <https://www.kidsinnutrition.org/recipes>

