

# Free and Low Cost Food

## FOOD PANTRIES

Food pantries are places that give food to people in need. Most food pantries are small and operated at churches by volunteers. They each make their own rules about who can be served. Many food pantries can only serve people who live in the area of the food pantry. They often require some kind of identification and proof that you are low income. Most food pantries can only serve people one time a month, or some similar limitation. Generally, food pantries never have as much as is needed. Foods distributed most often include canned foods, rice, beans, bread, cereal, and occasionally produce items.

**Free hot meals** are offered at many food pantries, and at other places called "soup kitchens".

There are over 500 places in LA County that distribute food for free so we cannot list them here. InfoLine (211) or the LA Coalition to End Hunger & Homelessness (213) 439-1070 x 115 can refer you to food pantries and free meal locations in your area. When you call be prepared to give your zip code. If you can get to the Internet, go to [www.healthycity.org](http://www.healthycity.org) for food pantries in Los Angeles County.

## COMMUNITY GARDENS

You can save money and have nutritious food by growing some of your own vegetables. In addition to any yard or container space you may have, many people garden in school-yard projects and in community gardens.

There are over 85 community gardens in Los Angeles County. To find out where community garden space is available, or to get materials, seeds, and advice on gardening, you can contact :

**Los Angeles Conservation Corps  
Green Bank** (213) 362-9000 x 201.

## FARMER'S MARKETS

At certified farmers' markets, you can save up to 30% buying fresh vegetables and fruit directly from family-owned farms. Most markets are open year-round, rain or shine. Many markets accept EBT (Food Stamps.) Certain markets accept Farmer's Market Coupons (for seniors or WIC). For more information, call the Southland Farmers' Market Association (800) 506-9112 or SEE-LA (323) 463-3171.

**Alhambra** Sun, 9 AM-1 PM  
100 S. Monterey & E. Bay

**Atwater Village** Sat, 10 AM-2PM  
3250 Glendale Blvd., Wells Fargo lot

**Baldwin Park** Tue, 4-9 PM  
4100 Baldwin Park Blvd.

**Bellflower** Mon, 9 AM-1 PM  
Oak & Clark, John Simms Park

**Bellflower** Thurs, 6-9 PM  
Oak & Bellflower

**Burbank** Sat, 8 AM-12:30 PM  
Olive & Glen oaks

**Calabasas** Sat, 8 AM-12 Noon  
Calabasas Road & El Canon

**Cerritos** Sat. 8 AM-12 Noon  
Towne Center & Park Plaza

**Claremont** Sun, 8 PM-Noon  
Yale & Bonita

**Covina** Fri, 4 to 9 PM  
Citrus Ave. in front of Civic Center

**Culver City** Tue, 3-7 PM  
Culver between Main & Ince

**Eagle Rock** Fri, 5-8:30 PM  
2100 block of Merton

**Encino** Sun, 8 AM-1 PM  
Victory Blvd. & White Oak

**Encino** Sat, 9 AM-1 PM  
Paseo Robles & Balboa

**Gardena** Sat, 6:30 AM-12 Noon  
3000 South Van Ness.

**Gardena-LaSalle** Wed., 7:30-11:30 AM  
1670 W. 162nd at LaSalle

**Glendale** Thurs, 9:30 AM-1:30 PM  
100 N. Brand

**Glendora** Thurs, 5:30-9 PM (May-Sept)  
Glendora & Foothill

**Hermosa Beach** Fri, Noon-4 PM  
Valley btwn. 8<sup>th</sup> & 10<sup>th</sup>

**Hollywood**- Sun, 8:30 AM-1 PM  
Ivar between Selma & Hollywood

**Hollywood-Sears** Wed, 2-6 PM  
Sears, St. Andrews & Santa Monica

**La Cienega** Thurs, 3-7 PM  
1801 La Cienega Blvd.

**Long Beach** Fri, 10 AM-4 PM  
"Promenade North"

**Long Beach** Sun, 9 AM-1 PM 2<sup>nd</sup> & PCH  
**Los Angeles - Chinatown** Thurs, 4-8 PM, 727 N. Hill & Alpine

**Los Angeles - Downtown** Thurs, Fri & Sat, 10 AM-4 PM, 7<sup>th</sup> & Figueroa

**Los Angeles-Central** Fri, 11:30 AM-3 PM Mariposa near Wilshire 7 6<sup>th</sup>

**Los Angeles** Sun, 9 AM-1 PM  
Melrose Pl. & Santa Monica

**Los Angeles-Leimert Park**  
Sun. 10 AM-2 PM 43rd & Degnan

**Los Angeles-South** Sat, 10 AM-4 PM  
Crenshaw & Slauson

**Los Angeles-South** Sat, 9 AM-1 PM  
Central & 42<sup>nd</sup>

**Los Angeles-Adams** Wed, 2-5:30 PM  
1432 W. Adams & Vermont (St. Agnes)

**Monrovia** Fri, 5-9 PM March to Dec.  
Library Park at Myrtle & Lime

**Northridge** April-Oct Wed, 5-9 PM  
Parking lot, Northridge Fashion Center

**Norwalk** Tue, 9 AM-1 PM  
Alondra Blvd., w. of Pioneer

**Palmdale** Sun, 11 AM-4 PM (May-Oct.)  
Food Court, Antelope Valley Mall

**Pasadena**, Tue, 8:30AM-12:30PM  
E. Villa & Garfield

**Pasadena** Sat, 8:30 AM-12:30 PM  
Sierra Madre & Paloma

**Pomona** Sat, 7:30-11:30 AM  
Garey Ave. & Pearl

**Redondo Beach** Thurs, 8 AM-1 PM  
Harbor Drive west of Veterans Park

**San Dimas** Wed. 5 PM-9 PM (summer)  
4 PM-7 PM (winter) Bonita btwn Monte Vista & San Dimas Ave.

**San Gabriel** Thurs, 5:30 PM-9:30 PM  
City Hall

**Santa Clarita** Sun, 8:30 AM-Noon  
Rockwell & Valencia

**Santa Monica** Sat, 8 AM-1 PM  
Cloverfield & Pico

**Santa Monica** Sun, 9:30 AM-1 PM  
Ocean Park & Main

**Santa Monica-Promenade** Wed, 9 AM-2 PM and Sat, 8:30 AM-1 PM

**Signal Hill** Thu, 3-7 PM, 27<sup>th</sup> & Walnut

**Silver Lake** Sat, 8 AM-1 PM  
Sunset & Griffith Park Blvd.

**South Gate** Mon, 9 AM-1 PM  
South Gate Park (Tweedy & Walnut)

**Studio City** Sun, 8 AM-1 PM  
Ventura Pl. between Ventura Blvd. & Laurel Canyon

**Torrance** Tue & Sat, 8 AM-1 PM  
Wilson Park

**Venice** Fri, 7-11AM V  
Venice Blvd & Venice Way

**West Covina** Thurs, 5-9 PM (summer)  
Sat, 8 AM-12 Noon Glendora & Lakes

**West Hollywood** Mon, 9 AM-2 PM  
7377 Santa Monica Bl (Plummer Pk.)

**Whittier** Fri, 8:30 AM-1 PM  
Greenleaf & Bailey