



NUTRITION ACCESS LA

Nutrition Assistance for Los Angeles County

FOOD RESOURCES TO HELP FAMILIES PREVENT HUNGER

GENERAL FOOD ASSISTANCE

CALFRESH

CalFresh is a food assistance program that helps low-income individuals or households increase their food purchasing power and support healthy eating.

Call 1-866-613-3777, visit BenefitsCal.com or visit any Department of Public Social Services office to apply.

FOOD PANTRIES

For immediate food assistance, visit Los Angeles Regional Food Bank's food pantry locator at lafoodbank.org/find-food/pantry-locator or Westside Food Bank's food pantries at wsfb.org/our-services/need-food-help.

EMERGENCY FOOD ASSISTANCE PROGRAM AT COMMUNITY AND SENIOR CENTERS

Anyone over the age of 18 is eligible to receive free food commodities at selected centers. Call LA County Community and Senior Centers at 1-800-689-8514 to apply.

PARKS AND RECREATION

The Los Angeles County Department of Parks and Recreation offers hot supper and snacks to youth as well as meal services to seniors. Visit parks.lacounty.gov/lacounty-parks-food-programs to locate resources near you.

CHILDREN UNDER 5

WOMEN, INFANTS, AND CHILDREN (WIC)

WIC provides free food benefits for moms, babies, and children under 5. Visit MyFamily.WIC.ca.gov or call 1-800-852-5770 to apply. Fathers, grandparents, foster parents, and caretakers of children under age 5 may apply on behalf of children who qualify.

SCHOOL-AGED CHILDREN

SUMMER MEALS

Program that provides free meals and snacks in the summer while school is closed. Download CA Meals for Kids mobile app (iOS, Android, Microsoft) to find a Summer Meals Program site or visit cde.ca.gov/ds/sh/sn/summersites.asp.

SUN BUCKS

New program for families with school-aged children that provides grocery assistance in the summer when school is closed. Visit cdss.ca.gov/sun-bucks to learn more.

OLDER ADULTS

CONGREGATE MEALS

Meals served for adults aged 60 and older at senior centers and other locations. Call 1-800-510-2020 to apply.

HOME-DELIVERED MEALS

Adults aged 60 or older who are homebound due to illness or disability receive meals delivered to their home. Call 1-800-510-2020 to apply.

OTHER RESOURCES

2-1-1 LA

Visit 211la.org or call 2-1-1 to locate resources near you, such as free groceries, student meals, free Wi-Fi hotspots, and more.

