

Free Groceries in the South Bay (partially revised Feb 2019)

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
Harbor Interfaith Services 670 w. 9 th St, San Pedro, 310-831-9123 <i>serves San Pedro, Wilming'n, Lomita, HCity, Harbor Gateway</i>	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm		
Toberman Neighborhood Ctr 131 N. Grand Ave, San Pedro, 310-832-1145 x106	M-Z last name	A-L last name	M-Z last name	A-L last name	Anyone Home- less		
Open daily 9a-5p, closed 12-1. 1 st -15 th : can come once/week; 16 th -end of month: 2x/week. Can come any day for case management.							
Food Net-San Pedro Service Center 769 W. 3 rd St, San Pedro, 310-519-6091		2-4:30p	2-4:30p	2-4:30p	2-4:30p		
Once a month; donations received daily which can be taken							
St. Peter & Paul Church 736 N. Lagoon Ave, Wilmington, 310-834-5215 <i>serves Wilmington, Harbor City, San Pedro families</i>	10a	10a		10a			
St. Margaret's Center 10217 Inglewood, Lennox, 310-672-2208 <i>serves residents in Inglewood, Lennox, Hawthorne, Lawndale, El Segundo, Manhattan Beach, Gardena, LA City in 90045, 90047 zip codes.</i> <i>Call first, same-day appt's available</i>	9-12p, 1-4p		9-12p, 1-4p		9-12p, 1-4p		
St. Andrew's Presbyterian Church 301 Avenue D, Redondo Beach, 310-540-5252		12-1p		12-1p			
Food Pantry LAX 355 E. Beach St, Inglewood, 310-677-5597 <i>serves Lawndale, Lennox, Inglewood, Westchester, El Segundo, parts of LA – to first 100 guests</i>		10-noon			10-noon		
Can get emergency food once a week. Bring picture ID.							
Hope In Action 2420 PCH, Hermosa Beach, 310-374-4673 <i>Non church members can get groceries once/month</i>			9a-12p		9a-12p		
St. Philomena Catholic Church 21900 S. Main St, Carson, 310-835-7161 <i>serves Carson residences only</i>		7:30- 9:30a					
Harbor Gateway/Torrance Outreach 22400 S. Halldale, Ave, Torrance, 310-328-3689 <i>serves Torrance, Lomita, Gardena, Carson, Harbor G'Way</i>		2 nd , 4 th Tu 9:30 a					
St. Margaret Mary Catholic Parish 25511 Eshelman, Lomita, 310-326-3364 x15 <i>serves Lomita, Wilmington, Harbor City, Torrance residents</i>			8:30-10a				
Calvary Light Christian Center 1101 N. Lakme Ave, Wilmington, 310-830-3043			2-3:30 pm				
Crenshaw Baptist Church 18749 Crenshaw Blvd, Torrance, 310-323-2115			2 nd Wed 8-10:30a				
St. Paul's United Methodist (Proj. Needs) 2600 Nelson, Redondo Beach, 310-370-4319				1 st & 3 rd Thurs 9-11a			
Calvary Assembly of God 25501 Oak St, Lomita, 310-326-2757				2 nd , 4 th Thurs 6-7 p			
Oceangate Baptist 13443 Oceangate Ave., Hawthorne, 310-973-7031				1-4p			
Salvation Army 138 S. Bandini St, San Pedro, 310-832-7228 <i>serves San Pedro, RPV</i>					9a-12p		
Can get groceries once a month							
Del Aire Baptist Church 4951 W. 119 th Pl, Hawthorne, 310-676-8352						9a-1p	

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
Vermont Ave Baptist Church 23325 S. Vermont Ave, Torrance, 310-530-0533						3rd Sat 10-11a	
Rock Solid Christian Assembly 275 W. 1st St, San Pedro, 310-832-2788						2nd, 4th Sat 10:30- 11:30 a	
Warren Chapel CME Church 1039 W. Elberon Ave, San Pedro, 310-547-5362						2nd, 4th Sat 1-3p	
Calvary Hawthorne Presbyterian Church 13560 Hawthorne Blvd, Hawthorne, 310-676-1144						1st Sat 11:00a	
Hope Chapel 13560 Hawthorne Blvd, Hawthorne, 310-970-9023						3rd Sat. 12-12:30p	
First Christian Church of Wilmington 444 E. Lomita Blvd, Wilmington, 310-835-4114						4th Sat. 9-11:30a	
Holy Trinity Lutheran 9300 S. Crenshaw, Inglewood, 323-757-1739						2nd, 4th Sat. 1-2p	
St. Lawrence Martyr Catholic Church 1900 S Prospect Ave., Redondo Bch, 310-540-0329						1st Sat 8:30-10a	
Numbers are drawn randomly at 7:55 am for food distribution rather than on a first come-first serve basis							
St. Joseph Catholic Church 11886 S. Acacia Ave, Hawthorne, 310-679-1139							2nd Sun 8a- 12:30p
House of Yahweh 4046 Marine Ave., Lawndale, 310-675-1384	<ul style="list-style-type: none"> • Apply for Food Outreach program in office; if qualified, pick up food once/week from 2-3p • Emergency food once/month: call 310-675-1384 from 9-10a; first 10 callers accepted with food pickup from 3-3:30p. 						

Information Help Line

"211" LA County Information and Referral: Dial "211", 24 hours/7 days a week
English, Spanish, and in over 140 languages, to get referrals on over 49,000 programs and services in LA County. Some of these include: health care and substance abuse, domestic violence, shelter, food, legal and financial assistance, programs for children and seniors and different types of mental health services.

Free Meals in the South Bay (revised March 2018)

Dinners are shown in **boldface with grey background**

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
St. Lawrence Martyr Catholic Church 1900 S Prospect Ave., Redondo Bch, 310-540-0329	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-1p sack lunch	8:30-1p sack lunch	8:a-1p sack lunch
Beacon Light Mission <i>(must attend chapel first)</i> 525 Broad St, Wilmington, 310-830-7063	6:45p	6:45p	6:45p	6:45p	6:45p	6:45p	6:45p
St. Catherine Laboure Catholic Church 3846 Redondo Bch Blvd, Torrance, 310-323-8900	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch		
Calvary Hawthorne Presbyterian Church 13560 Hawthorne Blvd, Hawthorne, 310-676-1144				11a-2p sack lunch	11a-2p sack lunch		
Salvation Army 324 E. Queen St, Inglewood, 310-677-3375	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches		
St. James Catholic Church 415 Vincent, Redondo Beach, 310-530-2756	1-2p		1-2p		1-2p		
St. Margaret's Center (closed daily 12-1p) 10217 Inglewood, Lennox, 310-672-2208	8:30a-5p, sack lunch		8:30a-5p, sack lunch		8:30a-5p, sack lunch		
St. John Evangelical Lutheran Church 14517 Crenshaw Blvd, Gardena, 310-676-8804	6p				6p		12p, sack lunch
Curt's Kitchen 129 North Pacific Ave. San Pedro, CA 310-831-3480	5:30p	5:30p					
St. Andrew's Presbyterian Church 301 Avenue D, Redondo Beach, 310-540-5252		12-1p		12-1p			
St. Paul's United Methodist (Proj. Needs) 2600 Nelson, Redondo Beach, 310-370-4319		6-7p					
Calvary Light Christian Center 1101 N. Lakme Ave, Wilmington, 310-830-3043			12 p				
First United Methodist Church (Shared Bread) 243 S. Broadway, Redondo Bch, 310-372-8445			5-7p				
First Baptist Church 555 W. 7 th St, San Pedro, 310-548-1333				6-8p			8a
Journey South Bay Community Church 2761 190 th St., Redondo Beach, 310-371-0411				6-8p			
Torrance First Baptist Church 2118 W. Carson, Torrance, 310-328-5030						1 st Sat. 11a-1p	
Walteria United Methodist Church 3646 Newton St., Torrance, 310-375-0622						2 nd Sat. 11a-1p	
St. Andrew's Episcopal Church 1432 Engracia, Torrance, 310-328-3781						3 rd Sat. 11a-1p	
First United Methodist Church 1551 El Prado, Torrance, 310-328-3242						4 th Sat. 11a-1p	
Riviera United Methodist Church 375 Palos Verdes Blvd., Redondo Bch, 310-378-9273						5 th Sat. 11a-1p	

Showers

1. **Beacon Light Mission**, 525 Broad Avenue, Wilmington
Men showers only: Monday, Thurs @ 8:00 am; free clothing and breakfast after showers
2. **Doors of Hope**: 529 Broad Ave, Wilmington
Women showers only: Monday, Thurs @ 8:30-9:15 am; free clothing and breakfast after showers

Clothing

1. St John Lutheran: Saturdays @ 11-12:30 pm
2. Curt's Kitchen: Monday, Tuesdays @ 5:30 pm
3. St. Andrew's Episcopal: Saturdays @ 11 am
4. Harbor Interfaith Services: Monday-Friday @ 9-noon
5. Stillman Sawyer Family Service Center: Monday-Friday @ 9-noon

Free Laundry Service through Laundry Love (sponsoring organizations shown in italics) (Updated May 2019)

1. **Clean Scene Laundry**
(*St. Cross Episcopal*)
2301 Artesia Blvd, Redondo Beach, 310-376-8989
Last Wednesday, 7:00-10:00 pm (last load 8:45 pm)
2. **King's Laundry**
(*The Branch*)
1330 PCH, Harbor City, 310-508-9214
4th Thursday, doors open at 4:00 pm, last wash 6:30 pm
3. **Coin Laundromat**
(*Ministerios Torrentes de Besor, First Presby San Pedro, St. Peter's Episcopal, St. Peter's By The Sea*)
1000 W. Bandini St, San Pedro, 310-901-5490
1st & 3rd Wednesdays, 6:00-8:00 pm
4. **Lucy's Fluff & Fold**
(*Ministerios Torrentes de Besor, First Presby San Pedro, St. Peter's Episcopal*)
112 S. Pacific Ave, San Pedro, 310-901-5490
2nd & 4th Wednesday, 6:00-8:30 pm
5. **Coin Op Laundry**
(*City of Carson*)
23521 Avalon Blvd, Carson,
3rd Wednesdays, 4:00-6:00 pm
6. **La Familia Coin Laundry**
(*Remembrance Community Church, Pacific Unitarian Universalist Church*)
1739 Lomita Blvd, Lomita
1st Saturdays, 1:00-4:00 pm, signups end 3:30 pm
2nd Saturdays, 12:00-3:00 pm
4 loads of laundry/person
7. **Soap City Laundromat New Location starting 6/27/19**
(*The Branch Church*)
208 W. Anaheim St. Suite A, Wilmington
4th Thursday, 5:30pm signups end 7:30pm