

## Free Meals in the South Bay (revised April 2014)

Dinners are shown in **boldface with grey background** (\*toilet access, \*\*clothing, \*\*\* toiletries)

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>St. Margaret Mary Catholic Parish</b> 25511 Eshelman, Lomita, 310-326-3364 x15	8-11:30a	8-11:30a	8-11:30a	8-11:30a	8-11:30a	8-11:30a	
<b>St. Catherine Laboure Catholic Church</b> 3846 Redondo Bch Blvd, Torrance, 310-323-8900	9a-3.30p sack lunch	9a-3.30p sack lunch	9a-3.30p sack lunch	9a-3.30p sack lunch	9a-3.30p sack lunch	9a-2p sack lunch	8a- 12.30p sack lunch
<b>Mary Star of the Sea Catholic Church</b> 870 W. 8th St., San Pedro, 310-833-3541 <i>serves San Pedro community only</i>	11.30a sack lunch	11.30a sack lunch	11.30a sack lunch	11.30a sack lunch	11.30a sack lunch		
<b>Calvary Hawthorne Presbyterian Church</b> 13560 Hawthorne Blvd, Hawthorne, 310-676-1144		9a-1p sack lunch			9a-1p sack lunch		
<b>Salvation Army</b> 324 E. Queen St, Inglewood, 310-677-3375	11a Sack lunches	11a Sack lunches	11a Sack lunches	11a Sack lunches	11a Sack lunches		
<b>Curt's Kitchen</b> 129 North Pacific Ave. San Pedro, CA 310-831-3480	<b>6:15p</b>	<b>6:15p</b>					
<b>Oceangate Baptist</b> 13443 Oceangate Ave., Hawthorne, 310-973-7031		11a @ Alondra Park	1p @ Alondra Park				
<b>St. Andrew's Presbyterian Church</b> 301 Avenue E, Redondo Beach, 310-540-5252		12-1p		12-1p			
<b>St. Paul's United Methodist (Proj. Needs)</b> 2600 Nelson, Redondo Beach, 310-370-4319		<b>6-7p</b>					
<b>San Pedro United Methodist Church</b> 580 W. 6th St., San Pedro, 310-548-1001							<b>5p*</b>
<b>Torrance First Baptist Church</b> 2118 W. Carson, Torrance, 310-328-5030						1st Sat.* 11a-1p	
<b>Walteria United Methodist Church</b> 3646 Newton St., Torrance, 310-375-0622						2nd Sat.* 11a-1p	
<b>St. Andrew's Episcopal Church</b> 1432 Engracia, Torrance, 310-328-3781						3rd Sat.* 11a	
<b>First United Methodist Church</b> 1551 El Prado, Torrance, 310-328-3242						4th Sat. 11a *	
<b>Riviera United Methodist Church</b> 375 Palos Verdes Blvd., Redondo Bch, 310-378-9273						5th Sat. 11a-1p sack lunches * ** , ***	

## Free Groceries in the South Bay (\*\*clothing supplies)

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Harbor Interfaith Services</b> 670 w. 9th St, San Pedro, 310-831-9123 <i>serves San Pedro, Wilmington, Lomita, Harbor City, Harbor Gateway</i> <i>NOTE: Need Open File; once a month for over 55's; 6 times a year for under 55's</i>	9-5p	9-5p	9-5p	9-5p	9-5p		
<b>Toberman Settlement House</b> 131 N. Grand Ave, San Pedro, 310-832-1145	9-11a	9-11a	9-11a	1-3p	9-11a		
<i>Can come once a month for groceries; daily for bread and produce as available</i>							
<b>Sisters of Charity</b> 28600 Palos Verdes Dr East, RPV, 310-831-5385	9a-12 1-3p	9a-12 1-3p		9a-12 1-3p	9a-12 1-3p	9a-12 1-3p	
<i>Can come once a month; also has clothing, furniture and household items</i>							

<b>St. Peter &amp; Paul Church</b> 515 W. Opp St, Wilmington, 310-834-5215 <i>serves Wilmington, Harbor City, San Pedro families</i>	10a	10a		10a			
<b>Gardena City Human Services</b> 1651 W. 162nd St, Gardena, 310-217-9574 <i>serves Gardena residence only</i>	10a-2.45p		10a-2.45p	10a-2.45p			
<i>Groceries 3x per calendar year, minimum 30 days apart. Call for other details.</i>							
<b>Coast Christian Fellowship</b> 4000 Pacific Coast Highway, Torrance, 310-373-8573	4-6 pm						
<b>St. Andrew's Presbyterian Church</b> 301 Avenue E, Redondo Beach, 310-540-5252		12-1p**		12-1p**			
<b>Salvation Army</b> 439 S. Grand Ave, San Pedro, 310-832-7228 <i>serves San Pedro, Harbor City, Lomita, Wilmington, Rancho Palos Verdes</i>					9a-12p		
<i>Can get groceries once every 2 weeks (groceries also available by appointment).</i>							
<b>St. Philomena Catholic Church</b> 21900 S. Main St, Carson, 310-835-7161 <i>serves Carson residences only</i>		7:30-9:30a					
<b>St. Margaret Mary Catholic Parish</b> 25511 Eshelman, Lomita, 310-326-3364 x15			8:30-10a				
<b>St. Paul's United Methodist (Proj. Needs)</b> 2600 Nelson, Redondo Beach, 310-370-4319				1st & 3rd Thurs: 9-10:45a			
<b>New Life Church</b> 25420 Vermont Ave., Harbor City, 310-325-0243 <b>NOTE:</b> Laundry services on Thursdays at 6pm 1330 W PCH, Harbor City				2nd & 4th Thurs: 9a			
<b>Mary Star of the Sea Catholic Church</b> 870 W. 8th St., San Pedro, 310-833-3541 <i>serves San Pedro community only</i> <b>NOTE:</b> Groceries <sup>1</sup> available for registered Christian Care recipients	11.30a <sup>1</sup> **						
<b>Bel Vue Community Presbyterian</b> 675 E. 118th St, LA (just east of the 110 and 105 freeways), 323-757-9188				3rd Thurs 10-11a*			
<b>Calvary Hawthorne Presbyterian Church</b> 13560 Hawthorne Blvd, Hawthorne, 310-676-1144					Last Fri 12p		
<b>Hope Chapel</b> 13560 Hawthorne Blvd, Hawthorne, 310-970-9023						3rd Sat. 12-12:30p	
<b>First Lutheran Church</b> Queen Street, Inglewood, 310-674-5103				2nd & 4th Thurs 10a-12p			
<b>Stillman Sawyer Family Services Center</b> 820 Lomita Blvd, Harbor City Torrance, Harbor City, Lomita, Wilmington	9a-12p*	9a-12p*	9a-12p*	9a-12p*	9a-12p*		
<b>Salvation Army</b> 324 E. Queen St, Inglewood, 310-677-3375	1-3p	1-3p	1-3p	1-3p	1-3p		
<b>Oceangate Baptist</b> 13443 Oceangate Ave., Hawthorne, 310-973-7031	Guests can get pantry items once a month when the church office is open. Call at 310-973-7013.						

## Information Help Lines

<p><b>"211" LA County Information and Referral:</b> 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.</p>
<p><b>LA County Dept of Social Services Help Line:</b> 877-481-1044, Mon-Fri, 8:00 am - 5:00 pm Food stamps, General Relief, GROW, Medi-Cal , refugee, Housing Resource Center 1819 W. 120th St, Los Angeles, CA 90047, 323-420-2833</p>

*Created by the South Bay Coalition for the Homeless, <http://sbhomeless.org/>, contactSBCH@gmail.com*