

USC Verdugo Hills Hospital

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FOOD

These are key components in healthy living. When access to food is challenged—your support network may include family, friends, neighbors, and hired companions. Resources beyond your own network may be needed to maintain access to food and medication. Delivery services provide additional help to meet essential needs.



FOOD BENEFITS

CalFresh is California's Supplemental Nutrition Assistance Program (SNAP). It helps people buy groceries. It provides supplemental monthly food benefits to individuals & families with low-income. Must meet federal income eligibility rules. Apply online at www.benefitscal.com. To check eligibility, call (877) 847-3663.

To locate food pantries:

Los Angeles Regional Food Bank

<https://www.lafoodbank.org/find-food/pantry-locator/>

For local resources:

211 Los Angeles County — Call 211 | 211la.org
24/7 guide to food banks, emergency housing, healthcare, transportation, and more.

FOOD PANTRIES

Call for food distribution days and times.
Registration may be required.

Glendale Central Spanish S.D.A. Church

901 E. Broadway, Glendale, CA
2nd, 4th Wed 3pm - 5pm
(818) 243-3006

International Families Assoc.

Every Mon 12pm - 4pm
240 S. Glendale Av, Glendale, CA
(818) 770-0779

MFP-Glendale Community College-

Garfield Campus
1st Fri 1pm - 3pm
1122 E. Garfield Av, Glendale, CA
(818) 678-8533

MFP-Glendale Community College-

Verdugo Campus
1st Wed 1pm - 3pm
1500 N. Verdugo Rd, Glendale, CA
(818) 678-8533

Salvation Army | Glendale

Glendale/ La Crescents residents only
320 W. Windsor Road, Glendale, CA
Every Mon thru Fri 1pm - 4pm
(818) 246-5586

Tujunga United Methodist Church

9901 Tujunga Canyon Blvd, Tujunga, CA
Every Wed 11am - 1pm
(818) 352-1481

Unity of Friends in Christ

2nd & 4th Fri 10am - 12pm
9100 Tujunga Canyon Bl, Tujunga, CA
(818) 835-1121

CONGREGATE MEALS

For free to low-cost congregate meals, please contact your city for nearby locations throughout your city.

GROCERY DELIVERY

All Peoples Community Center

Must be 55+ or have a disability and live within 10 mi of 822 E. 20th Street, Los Angeles.

Delivers Wed-Fri, including fresh fruit, vegetables, meats and canned goods. To register, call: (213) 747-6357

Commodity Supplemental Food Program

(CSFP) provides a monthly package of nutritious essential food items, such as beans, grains, canned fruits and vegetables. For those 60+ with a maximum monthly income of \$1,580 (\$2,137 for 2 members). Apply online:

<https://www.lafoodbank.org/stories/do-you-qualify-for-csfp/>

Instacart

A delivery and pickup service that lets you shop for groceries online from your local stores. EBT/ SNAP accepted through website and app. Visit www.instacart.com or contact

Senior Support Line: (844) 981-3433.

The **USC VHH Community Resource Center for Aging** can help, contact us at **818-949-4033** or **aging-resources@med.usc.edu**. To learn more, visit: **uscvhh.org**

HOME DELIVERED MEALS

Registration is required for services. Call for more information.

Burbank Nutrition Services (ages 60+ or people with disabilities; Burbank residents)
(818) 238-5366

Glendale Senior Nutritional Home Delivered Meals Program (ages 60+, homebound, and residents of Glendale, La Crescenta, and Montrose)
(818) 548-3715

LA County and City of LA
Meals for Senior/Older Adults
(800) 510-2020

Mexican American Opportunity Foundation (older adults, people with disabilities, within service area) <https://maof.org/senior-services/meals-dining-centers>
(323) 473-9851

Pasadena Meals on Wheels
\$7 per day, per person delivered daily
(626) 449-6815

Project Angel Food (life threatening illness or unable to access healthy food)
(800) 761-8889 | (323) 845-1810

Salvation Army | Glendale
(818) 246-5586

St. Vincent Meals on Wheels | Los Angeles
\$3 per meal delivered daily (homebound)
(213) 484-7775

YWCA | San Gabriel Valley
(ages 60+; San Gabriel Valley, Pasadena)
(626) 214-9467

NOTE: This does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services.