



H.O.P.E. Food Pantry (South LA)

- 7615 S Western Ave., Los Angeles, CA 90047
- Weekly food pantry (Tuesdays, 10:00 AM-12:00 PM) offering 100% free groceries; no documentation required
- <https://www.helpingotherpeopleexcel.org/projects-6-1>
- Instagram: @helpingopexcel

Universal Community Health Center (South LA)

- 1919 San Pedro St., Los Angeles, CA 90011
- Free produce distribution, walk-up, open to the community; 2nd Saturday of each month
- <https://uchcla.org/food-pantry/https://uchcla.org/food-pantry/>
- Instagram: @uchcla

St. John's Community Health (South LA)

- Avalon Clinic: 6818 Avalon Blvd., Los Angeles, CA 90003; Crenshaw Clinic: 4251 Crenshaw Blvd., Los Angeles, CA 90008
- Mobile food pantry, healthy foods including fresh produce, open to families
- <https://www.sjch.org/food-pantry>
- Instagram: @sjhealthca

Seeds of Hope LA (East LA)

- Royball Health Center, 245 S Fetterly Ave., Los Angeles, CA 90022
- 3rd Thursday of the month from 8-10 AM
- Free healthy fruits & vegetables, cooking classes alongside
- <https://www.seedsofhopela.org/food-distributions.html>
- Instagram: @seedsofhope_la

Community Resource Center (East LA)

- 4801 Whittier Blvd., Los Angeles, CA 90022
- Free grocery items distribution, 3rd Thursday of each month, 10 AM until supplies last
- <https://www.communityresourcecenterla.org/services/food-pantries>
- Instagram: @crceastla

Food Net - East Los Angeles Center (East LA)

- 133 N Sunol Dr., Los Angeles, CA 90063
- Food distribution center in East LA; free food pantry style

Salvation Army - South LA Corps

- 1532 W. 11th Street, Los Angeles, CA 90015
- Food distribution/food bank for community, Monday-Thursday from 9:30-10:30 AM
- <https://losangelescentral.salvationarmy.org/>
- Instagram: @salarmysocal

St. Vincent de Paul Church Food Bank (South LA)



- 621 W Adams Blvd., Los Angeles, CA 90007
- Food-bank/distribution through church; free food assistance
- <https://www.stvincentla.org/food-bank>
- Instagram: @stvincent_la

Community Resource Center - Norwalk/Faith Pantry (Just outside east LA region but might be relevant)

- 11721 Rosecrans Ave., Norwalk, CA 90650
- Free food items distribution
- <https://www.communityresourcecenterla.org/services/food-pantries>
- Instagram: @crceastla

LA Community Alliance - Grocery & Clothing Distribution

- 5255 W. Sunset Blvd., Suite 203 Los Angeles, CA 90027
- Weekly food & clothing distribution events in Los Angeles
- <https://www.lacommunityalliance.org/groceries>
- Instagram: @lacommunityalliance

All Saints Episcopal Church - Monday Food Ministry

- 132 N Euclid Ave, Pasadena CA
- Monday 9 AM-12 PM

Community Resource Center – Pomona

- 696 W Holt Ave, Pomona CA
- Free food items distribution
- <https://www.communityresourcecenterla.org/services/food-pantries>
- Instagram: @crceastla

Crenshaw Farmers Market

- 5730 Crenshaw Blvd. Los Angeles, CA 90043
- Saturdays from 10 AM-3 PM
- <https://foodaccessla.org/crenshaw-farmers-market>

211LA.org

[Food Oasis](#)