

Free Groceries in the South Bay (revised August 2017)

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 E, 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						3 rd Sat 10-11a	
Rock Solid Christian Assembly 275 W. 1 st St, San Pedro, 310-832-2788						2 nd , 4 th Sat 10:30- 11:30 a	
Warren Chapel CME Church 1039 W. Elberon Ave, San Pedro, 310-547-5362						2 nd , 4 th Sat 1-3p	
Calvary Hawthorne Presbyterian Church 13560 Hawthorne Blvd, Hawthorne, 310-676-1144						1 st Sat 11:00a	
Hope Chapel 13560 Hawthorne Blvd, Hawthorne, 310-970-9023						3 rd Sat. 12-12:30p	
First Christian Church of Wilmington 444 E. Lomita Blvd, Wilmington, 310-835-4114						4 th Sat. 9-11:30a	
Holy Trinity Lutheran 9300 S. Crenshaw, Inglewood, 323-757-1739						2 nd , 4 th Sat. 1-2p	
St. Lawrence Martyr Catholic Church 1900 S Prospect Ave., Redondo Bch, 310-540-0329						1 st Sat 8:30-10a	
St. Joseph Catholic Church 11886 S. Acacia Ave, Hawthorne, 310-679-1139							2 nd 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. 						

Showers

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

Clothing

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

Laundry Love (Free laundry service)

- 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)
- King's Laundry**
(The Branch)
1330 W. PCH, Harbor City, 310-999-9730
4th Thursday, 5:00 pm line up, doors open at 4:00 pm, last wash 6:30 pm
- Laundry Fluff & Fold**
(Nova Community Church)
5123 Torrance Blvd, Torrance, 310-371-3022
4th Saturday, 2:45-5:00 pm
- 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 and 3rd Wednesdays, 6:00-7:30 pm
- 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, 5th Wednesdays, 6:00-7:30 pm
- Coin Laundry**
(City of Carson)
23521 Avalon Blvd, Carson, 3rd Wednesdays, 4:00-9:00 pm, last load at 6:30 pm

Free Meals in the South Bay (revised August 2017)

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-3p sack lunch	8:30a-3p sack lunch	8:30a-3p sack lunch	8:30a-3p sack lunch	8:30a-3p sack lunch	8-10a 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	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		
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 E, 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	

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.