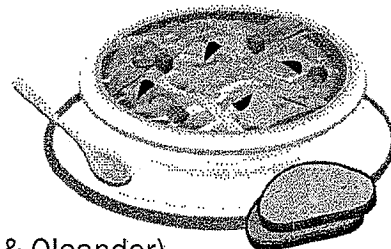


Free Meal Services



Another Chance Outreach Ministry 310 631-2408

439 W. Compton Blvd. Compton CA 90220 (Between Wilmington & Oleander)

- Wed., Thurs., Fri., Sat.- 10am-2pm

Center for Community & Family Services, Inc. 310-537-7570

12627 S. Willowbrook Avenue, Compton CA 90222 (Between El Segundo & 126th)

- Last Thursday of every month- 2pm-4pm
- Agencies can call ahead for access to emergency food pantry

Food Net/East Rancho Dominguez 310-603-7401

4513 E. Compton Blvd., Compton CA 90221 (cross street - Atlantic)

- 2nd & 3rd Thursday of every month- 10am- until they run out around 11 or 11:30am

Helping Hands-Church Human Services 310-638-8771

312 S. Oleander Street, Compton CA 90220 (cross street -Compton Blvd.)

- 4th Saturday of the month- 10am - 12pm

Hurting & Hungry 323 231-7026

1369 East Vernon Ave., Los Angeles CA 90011 (cross street - Ascot)

- Every Tuesday- 10:30am - 1pm
- Must fill out paper work to receive food
- Must bring ID and proof of income such as check stubs

SCFD-COMPTON W.R.O. SHELTER 310-631-5193

528 W. ALMOND STREET, COMPTON CA 90220 (cross street -Wilmington)

- 2nd Wednesday of every month- 8am - 3pm
- Must bring ID
- 1 food bag per household

Tamarind Avenue S.D.A. Church 323.774.0181

417 S. Tamarind Ave., Compton 90220

- 2nd Tuesday of every month 10am-1pm

Salvation Army/Compton Corps. Community Center 310.639.0362

736 E. Compton Blvd., Compton, CA 90221

- Hot meals- Mondays 6pm-7pm
- Call every month to make sure program is still available

Office hours: Mon-Thurs 9am-4pm

Other services:

- o Christmas assistance (Dec)

- o Emergency Food- Wed 10am-1pm (every 30 days for families that live in Compton, Lynwood or Paramount)
- o After School Program (mentoring & tutoring)- Tues-Fri 3:30pm-5:30pm for 1st grade to 8th grade - \$10 week
- o Living Debt Free Class- Thursdays 6pm-7pm -Class is free, \$10 for book
- o Silver Sneakers Program-aerobics class for beginners and seniors -Mon, Wed & Fri 12:30-1:30

***Compton Community S.D.A. Church 310-631-5284**

1226 W. Compton Blvd., Compton CA 90220

- 3rd Wednesday of every month 10am-12pm

***SCFD-OUR LADY OF VICTORY 310-631-3233**

409 E. PALMER AVE, COMPTON CA 90221

- 3rd Thursday of every month 10am - 12pm

* Call to verify program

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

<http://www.lafoodbank.org/>