**Farmers Market**

*Huntington Park Farmers Market*: 7120 Bissell St. Huntington Park, CA 90255 Open: Wednesday 8:30-1:30pm

*Central Avenue Farmers Market*: 4301 S. Central Ave, Los Angeles, CA 90805 Open: Thursday 10:00-3:00pm

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**Emergency Food Resources**

*Salvation Army*: free dinner from 3pm-4pm ages 17 and below 7651 S. Central Ave (323) 586-0288

*Mother of Sorrow Church*: 114 W 87th St, Los Angeles, CA 90003 (323)-758-7697

*Estelle Van Meter Multipurpose Center*: 6060E 76th St Los Angeles, CA 90001 (323) 778-9733 from 8-4

*Fremont Wellness Center*: 7821 S. Avalon Blvd Los Angeles, CA 90003 Wednesday 3-5pm

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**Grocery Stores**

*Northgate Market*: 944 E. Slauson Ave. Los Angeles, CA 90011 (323) 846-8804

*Ralphs*: 1720 W. Manchester Ave. Los Angeles, CA 90047 (323) 582-8295

*Big Saver Foods*: 5829 Compton Ave Los Angeles, CA 90001 (323) 582-8295

*Smart & Final*: 3607 S. Vermont Ave. Los Angeles, CA 90007 (323) 733-587

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**Fitness & Recreation**

*South Park Recreation Center*: 354 E. 51st St. Los Angeles, CA 90011 (213) 847-6746

*Algin Sutton Recreation Center*: 8800 S. Hoover St. Los Angeles, CA 90044 (323) 753-5808

*Weingart YMCA Wellness/Aquatic Center*: 9900 Vermont Ave. Los Angeles, CA 90044 (323) 754-3191

*Green Meadows Recreation Center*: 431E. 89th St. Los Angeles, CA 90003 (323) 789-2726

*Mount Carmel Recreation Center*: 830 W. 70th St. Los Angeles, CA 90044 (323) 789-2756

*Planet Fitness*: 7010 Alameda St. Huntington Park, CA 90255 (323) 581-2600 $10/month +$25 yearly

For more information on Los Angeles Parks visit: [http://www.laparks.org/](http://www.laparks.org/)

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**Fitness & Nutrition Apps**

*My Fitness Pal*: keep track of caloric intake.

*Runkeeper*: keep track of miles and pace during running.

*Sworkit*: customize workouts based on time you have.

*Shopwell*: grocery shopping profile for dieting and health.

*Charity Miles*: fitness app that donates money for every mile ran, walked, or biked.

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**Cal Fresh Enrollment**

Apply Online: [Benefitsca.org](http://Benefitsca.org) or call (877) 847-3663 [http://www.cdss.ca.gov/food-nutrition/calfresh](http://www.cdss.ca.gov/food-nutrition/calfresh)

For more resources please visit: [https://www.1degree.org/la](https://www.1degree.org/la)