# John Muir Middle School

**Community Resources for Healthy Eating, Active Living**

## Farmer’s Market

**Adam’s & Vermont Farmer’s Market:** 1432 W Adams Blvd, Los Angeles, CA 90007  
Wednesdays @ 2pm-6pm (310) 621-0336

## Food Banks

- **Living Truth Christian Fellowship:** 2400 W Martin Luther King Jr Blvd, Los Angeles, CA 90008  
- **Family Mennonite Church:** 6520 S. Normandie Ave Los Angeles, CA 90044  
- **Figueroa Church of Christ:** 455 W. 57th Street Los Angeles, CA 90044  
- **Iglesia Cristiana El Shaddai USA:** 5518 S. Broadway Los Angeles, CA 90037

## Grocery Stores

- **Superior Grocers:** 5824 S Vermont Ave Los Angeles, CA 90044  
- **El Super:** 1100 W Slauson Ave Los Angeles, CA 90044

## Parks & Rec Centers

- **Harvard Recreation Center:** 1535 W 62nd St Los Angeles CA, 90047 (323) 778-2579  
- **Mount Carmel Rec Center:** 830 W 70th St Los Angeles CA, 90044 (323) 789-2557  
- **South Park Rec Center:** 345 E 51st St Los Angeles CA, 90011 (323) 233-4772  
- **Boys & Girls Club:** 800 S. Figueroa St. Suite 950 Los Angeles, CA 90017 (213) 628-3673  
- **Brotherhood Crusade:** [https://brotherhoodcrusade.org](https://brotherhoodcrusade.org) (323) 846-1649  
- **With Love Café:** 1969 S. Vermont Ave Los Angeles, Ca 90007 (213) 817-7290  
  Yoga Class: Mondays from 6:00 pm-7:00 pm  
  Cooking Class: Tuesdays from 6:30-7:30

## Community Gardens

- **Epworth Community Garden:** 1419 W 65th Place Los Angeles, CA 90047  
- **Vermont Square Community Garden:** 4712 S Vermont Avenue Los Angeles, CA 90037

## 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.

## Cal Fresh Enrollment

**Apply Online:** [Benefitsca.org](https://www.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)

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*The L.A. Trust*  
*Wellness Networks*