



Mercados Agrícolas

Epworth Community Garden
 1419 W 65th Place. Los Angeles, CA 90047

Fremont Garden
 7821 S Avalon Blvd. Los Angeles, CA 90003
 Lun.-Vie.. 8:00am – 5:00pm, Sab.. 7:00am - 3:30pm

Comida Gratis

Greater New Morning Star Baptist
 210 W Florence Ave. Los Angeles, CA 90003
 Sab. 8:00am – 11:00am

Vision of Hope Ministry
 5951 S. San Pedro Los Angeles, CA 90003
 2° y 4° Sab. 3:00pm-4:00pm

United Gospel Outreach
 7223 S. Main St. Los Angeles, CA 90003
 Mié. 11:00am-1:00pm

Fremont Free Food Market
 7821 S. Avalon Blvd Los Angeles, CA 90003
 Cada 2° y 4° Mié.. 3:00pm-5:00pm

Los Supermercados

Food 4 Less
 5318 S. Main St. Los Angeles, CA 90037
 Lun.-Dom. 6:00am-12:00am

Rosie's Market
 7701 S Hoover St, Los Angeles, CA 90044
 Lun.-Vie. 7:00am-8:00pm, Sab. 7:00am-7:00pm,
 Dom. 7:00am-1:00pm

Superior Grocers
 5824 S. Vermont Ave. Los Angeles, CA 90044
 Lun.- Dom. 7:00am-10:00pm

Ody Market
 6026 San Pedro St, Los Angeles, CA 90003
 Lun.-Dom. 6:30am-8:30pm

Programas Escolares

Bethune Middle School Free Lunch Program
 Diariamente 11:50am -12:50pm (Edades 1-18)

Bethune Free Snack Service
 Diariamente 8:30am-9:00am (Edades 1-18)

Parques y Centros de Recreación

Hoover Gage Mini Park
 6265 S. Hoover St. Los Angeles, CA 90044
 Lun.-Dom. 5:00am-10:00pm

Mount Carmel Center
 830 W 70th St Los Angeles CA, 90044
 Lun.-Vie. 10:00am- 9:00pm, Sab. 9:00am- 3:00pm

Vermont & Gage Park
 960 W 62nd Pl. Los Angeles, CA 90044
 Lun.-Dom. 8:00am-8:00pm

Gage & Avalon Triangle Pocket Park
 6301 S. Avalon Blvd. Los Angeles, CA 90003
 Lun.-Dom. Anochecer-Amanecer

Inscripción a Cal Fresh

Inscríbese en línea: Benefitscal.org -- (877) 847-3663

Para más información visite el Departamento de servicios públicos y sociales:
<http://www.cdss.ca.gov/food-nutrition/calfresh>

WIC – Women, Infants & Children Program

Sitio móvil de WIC: <https://m.wic.ca.gov/>

Para más información visite el Departamento de salud pública de California: <https://www.cdph.ca.gov/>





Community Gardens	
<p>Epworth Community Garden 1419 W 65th Place. Los Angeles, CA 90047</p>	<p>Fremont Garden 7821 S Avalon Blvd. Los Angeles, CA 90003 Mon-Fri. 8:00am – 5:00pm, Sat. 7:00am - 3:30pm</p>
Free Groceries	
<p>Greater New Morning Star Baptist 210 W Florence Ave. Los Angeles, CA 90003 Sat 8:00am – 11:00am</p>	<p>Vision of Hope Ministry 5951 S. San Pedro Los Angeles, CA 90003 2nd and 4th Sat 3:00pm-4:00pm</p>
<p>United Gospel Outreach 7223 S. Main St. Los Angeles, CA 90003 Wed 11:00am-1:00pm</p>	<p>Fremont Free Food Market 7821 S. Avalon Blvd Los Angeles, CA 90003 Every 2nd and 4th Wed. 3:00-5:00pm</p>
Grocery Stores	
<p>Food 4 Less 5318 S. Main St. Los Angeles, CA 90037 Mon-Sun 6:00am-12:00am</p>	<p>Rosie’s Market 7701 S Hoover St, Los Angeles, CA 90044 Mon-Fri 7:00am-8:00pm, Sat 7:00am-7:00pm, Sun 7:00am-1:00pm</p>
<p>Superior Grocers 5824 S. Vermont Ave. Los Angeles, CA 90044 Mon- Sun 7:00am-10:00pm</p>	<p>Ody Market 6026 San Pedro St, Los Angeles, CA 90003 Mon-Sun 6:30am-8:30pm</p>
School Meal Programs	
<p>Bethune Middle School Free Lunch Program Daily 11:50am -12:50pm (Ages 1-18)</p>	<p>Bethune Free Snack Service Daily 8:30am-9:00am (Ages 1-18)</p>
Parks and Recreation Centers	
<p>Hoover Gage Mini Park 6265 S. Hoover St. Los Angeles, CA 90044 Mon-Sun 5:00am-10:00pm</p>	<p>Mount Carmel Center 830 W 70th St Los Angeles CA, 90044 Mon-Fri 10:00am- 9:00pm, Sat 9:00am- 3:00pm</p>
<p>Vermont & Gage Park 960 W 62nd Pl. Los Angeles, CA 90044 Mon-Sun 8:00am-8:00pm</p>	<p>Gage & Avalon Triangle Pocket Park 6301 S. Avalon Blvd. Los Angeles, CA 90003 Mon-Sun Dusk-Dawn</p>
Cal Fresh Enrollment	WIC – Women, Infants & Children Program
<p>Apply Online: Benefitsca.org -- (877) 847-3663 For more information visit the Department of Public and Social Services: http://www.cdss.ca.gov/food-nutrition/calfresh</p>	<p>Mobile WIC Website: https://m.wic.ca.gov/ For more information visit the California Department of Public Health: https://www.cdph.ca.gov/</p>

