



Farmers Markets	
<p><b>Central Avenue Farmers Market</b> 4301 S. Central Ave. Los Angeles, CA 90805 Thurs 10:00am -3:00pm</p>	<p><b>MLK Farmers Market:</b> 1680 E. 120th St. Los Angeles, CA 90059 Wed 9:00am-2:00pm - Accepts CalFresh EBT card and WIC Checks</p>
Free Groceries	
<p><b>Pilgrim’s Hope Church</b> 7016 S. Compton Ave L.A. CA 90001 2nd Wed 9:00am-11:00am</p>	<p><b>Salvation Army-South L.A.</b> 7651 South Central Ave. Los Angeles, CA 90001 11:00am-1:00pm</p>
<p><b>Travelers Rest Church</b> 1417 E. Florence Ave. Los Angeles, CA 90001 Wed 11:00am-1:00pm</p>	<p><b>Estelle Van Meter Multipurpose Center</b> 6060E 76th St Los Angeles, CA 90001 Mon-Fri 8:00am - 3:30pm</p>
<p><b>Presentation of Mary Church</b> 6406 Parmelee Ave. Los Angeles, CA 90001 3rd Sat 7:30am-8:30am</p>	<p><b>Fremont Free Food Market</b> 7821 S. Avalon Blvd Los Angeles, CA 90003 Every 2nd and 4th Wed 3:00-5:00pm</p>
Grocery Stores	
<p><b>El Super</b> 1301 E. Gage Ave Los Angeles, CA 90001 Mon-Sun 7:00am – 11:00pm</p>	<p><b>Superior Grocers</b> 7316 Compton Ave, Los Angeles, CA 90001 Mon-Sun 6:00am-10:00pm</p>
<p><b>Star Market</b> 1258 E 68th St, Los Angeles, CA 90001 Mon-Sat 9:00am - 7:30pm</p>	<p><b>Mother’s Nutritional Center</b> 1350 Florence Ave, Los Angeles, CA 90001 Mon-Sat 7:30am – 7:00pm</p>
School Meal Programs	
<p><b>Miramonte Summer Free Lunch Program</b> Daily 11:00am -12:00pm (Ages 1-18)</p>	<p><b>Miramonte Free Snack Service</b> Daily 3:30pm-4:00pm (Ages 1-18)</p>
Parks and Recreation Centers	
<p><b>Roosevelt Park</b> 7600 Graham Ave. Los Angeles, CA 90001 Mon-Fri 8:00am – 3:00pm, Sat/Sun 12:00pm – 5:00pm</p>	<p><b>Bethune Park</b> 1244 E. 61st Street Los Angeles, CA 90001 Mon-Sun 24 hrs.</p>
Cal Fresh Enrollment	WIC – Women, Infants & Children Program
<p><b>Apply Online:</b> <a href="http://Benefitscal.org">Benefitscal.org</a> -- (877) 847-3663 For more information visit the Department of Public and Social Services: <a href="http://www.cdss.ca.gov/food-nutrition/calfresh">http://www.cdss.ca.gov/food-nutrition/calfresh</a></p>	<p><b>Mobile WIC Website:</b> <a href="https://m.wic.ca.gov/">https://m.wic.ca.gov/</a> For more information visit the California Department of Public Health: <a href="https://www.cdph.ca.gov/">https://www.cdph.ca.gov/</a></p>





### Mercados Agrícolas

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

**MLK Farmers Market:**  
 1680 E. 120th St. Los Angeles, CA 90059  
 Mié. 9:00am-2:00pm  
 - Acepta tarjetas de CalFresh EBT y cheques de WIC

### Comida Gratis

**Pilgrim's Hope Church**  
 7016 S. Compton Ave L.A. CA 90001  
 Cada 2° Mié. 9:00am-11:00am

**Salvation Army-South L.A.**  
 7651 South Central Ave. Los Angeles, CA 90001  
 11:00am-1:00pm

**Travelers Rest Church**  
 1417 E. Florence Ave. Los Angeles, CA 90001  
 Mié. 11:00am-1:00pm

**Estelle Van Meter Multipurpose Center**  
 6060E 76th St Los Angeles, CA 90001  
 Lun.-Vie. 8:00am - 3:30pm

**Presentation of Mary Church**  
 6406 Parmelee Ave. Los Angeles, CA 90001  
 3rd Sab. 7:30am-8:30am

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

### Los Supermercados

**El Super**  
 1301 E. Gage Ave Los Angeles, CA 90001  
 Lun.-Dom. 7:00am – 11:00pm

**Superior Grocers**  
 7316 Compton Ave, Los Angeles, CA 90001  
 Lun.-Dom. 6:00am-10:00pm

**Star Market**  
 1258 E 68th St, Los Angeles, CA 90001  
 Lun.-Sab. 9:00am - 7:30pm

**Mother's Nutritional Center**  
 1350 Florence Ave, Los Angeles, CA 90001  
 Lun.-Sab. 7:30am – 7:00pm

### Programas Escolares

**Miramonte Summer Free Lunch Program**  
 Diariamente 11:00am -12:00pm (Edades 1-18)

**Miramonte Free Snack Service**  
 Diariamente 3:30pm-4:00pm (Edades 1-18)

### Parques y Centros de Recreación

**Roosevelt Park**  
 7600 Graham Ave. Los Angeles, CA 90001  
 Lun.-Vie. 8:00am-3:00pm, Sab./Dom. 12:00pm -5:00pm

**Bethune Park**  
 1244 E. 61st Street Los Angeles, CA 90001  
 Lun.-Dom. 24 hrs.

#### Inscripción a Cal Fresh

Inscríbese en línea: [Benefitscal.org](http://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/>

