

## Free Groceries in the South Bay (partially revised Feb 2019)

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Harbor Interfaith Services</b> 670 w. 9 <sup>th</sup> St, San Pedro, 310-831-9123 <i>serves San Pedro, Wilming'n, Lomita, HCity, Harbor Gateway</i>	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm	9-11:30a 1-5 pm		
<b>Toberman Neighborhood Ctr</b> 131 N. Grand Ave, San Pedro, 310-832-1145 x106	M-Z last name	A-L last name	M-Z last name	A-L last name	Anyone Home- less		
<b>Open daily 9a-5p, closed 12-1.</b> 1 <sup>st</sup> -15 <sup>th</sup> : can come once/week; 16 <sup>th</sup> -end of month: 2x/week. Can come any day for case management.							
<b>Food Net-San Pedro Service Center</b> 769 W. 3 <sup>rd</sup> St, San Pedro, 310-519-6091		2-4:30p	2-4:30p	2-4:30p	2-4:30p		
Once a month; donations received daily which can be taken							
<b>St. Peter &amp; Paul Church</b> 736 N. Lagoon Ave, Wilmington, 310-834-5215 <i>serves Wilmington, Harbor City, San Pedro families</i>	10a	10a		10a			
<b>St. Margaret's Center</b> 10217 Inglewood, Lennox, 310-672-2208 <i>serves residents in Inglewood, Lennox, Hawthorne, Lawndale, El Segundo, Manhattan Beach, Gardena, LA City in 90045, 90047 zip codes.</i> <i>Call first, same-day appt's available</i>	9-12p, 1-4p		9-12p, 1-4p		9-12p, 1-4p		
<b>St. Andrew's Presbyterian Church</b> 301 Avenue D, Redondo Beach, 310-540-5252		12-1p		12-1p			
<b>Food Pantry LAX</b> 355 E. Beach St, Inglewood, 310-677-5597 <i>serves Lawndale, Lennox, Inglewood, Westchester, El Segundo, parts of LA - to first 100 guests</i>		10-noon			10-noon		
Can get emergency food once a week. Bring picture ID.							
<b>Hope In Action</b> 2420 PCH, Hermosa Beach, 310-374-4673 <i>Non church members can get groceries once/month</i>			9a-12p		9a-12p		
<b>St. Philomena Catholic Church</b> 21900 S. Main St, Carson, 310-835-7161 <i>serves Carson residences only</i>		7:30- 9:30a					
<b>Harbor Gateway/Torrance Outreach</b> 22400 S. Halldale, Ave, Torrance, 310-328-3689 <i>serves Torrance, Lomita, Gardena, Carson, Harbor G'Way</i>		2 <sup>nd</sup> , 4 <sup>th</sup> Tu 9:30 a					
<b>St. Margaret Mary Catholic Parish</b> 25511 Eshelman, Lomita, 310-326-3364 x15 <i>serves Lomita, Wilmington, Harbor City, Torrance residents</i>			8:30-10a				
<b>Calvary Light Christian Center</b> 1101 N. Lakme Ave, Wilmington, 310-830-3043			2-3:30 pm				
<b>Crenshaw Baptist Church</b> 18749 Crenshaw Blvd, Torrance, 310-323-2115			2 <sup>nd</sup> Wed 8-10:30a				
<b>St. Paul's United Methodist (Proj. Needs)</b> 2600 Nelson, Redondo Beach, 310-370-4319				1 <sup>st</sup> & 3 <sup>rd</sup> Thurs 9-11a			
<b>Calvary Assembly of God</b> 25501 Oak St, Lomita, 310-326-2757				2 <sup>nd</sup> , 4 <sup>th</sup> Thurs 6-7 p			
<b>Oceangate Baptist</b> 13443 Oceangate Ave., Hawthorne, 310-973-7031				1-4p			
<b>Salvation Army</b> 138 S. Bandini St, San Pedro, 310-832-7228 <i>serves San Pedro, RPV</i>					9a-12p		
Can get groceries once a month							
<b>Del Aire Baptist Church</b> 4951 W. 119 <sup>th</sup> Pl, Hawthorne, 310-676-8352						9a-1p	

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Vermont Ave Baptist Church</b> 23325 S. Vermont Ave, Torrance, 310-530-0533						3 <sup>rd</sup> Sat 10-11a	
<b>Rock Solid Christian Assembly</b> 275 W. 1 <sup>st</sup> St, San Pedro, 310-832-2788						2 <sup>nd</sup> , 4 <sup>th</sup> Sat 10:30- 11:30 a	
<b>Warren Chapel CME Church</b> 1039 W. Elberon Ave, San Pedro, 310-547-5362						2 <sup>nd</sup> , 4 <sup>th</sup> Sat 1-3p	
<b>Calvary Hawthorne Presbyterian Church</b> 13560 Hawthorne Blvd, Hawthorne, 310-676-1144						1 <sup>st</sup> Sat 11:00a	
<b>Hope Chapel</b> 13560 Hawthorne Blvd, Hawthorne, 310-970-9023						3 <sup>rd</sup> Sat. 12-12:30p	
<b>First Christian Church of Wilmington</b> 444 E. Lomita Blvd, Wilmington, 310-835-4114						4 <sup>th</sup> Sat. 9-11:30a	
<b>Holy Trinity Lutheran</b> 9300 S. Crenshaw, Inglewood, 323-757-1739						2 <sup>nd</sup> , 4 <sup>th</sup> Sat. 1-2p	
<b>St. Lawrence Martyr Catholic Church</b> 1900 S Prospect Ave., Redondo Bch, 310-540-0329						1 <sup>st</sup> Sat 8:30-10a	
Numbers are drawn randomly at 7:55 am for food distribution rather than on a first come-first serve basis							
<b>St. Joseph Catholic Church</b> 11886 S. Acacia Ave, Hawthorne, 310-679-1139							2 <sup>nd</sup> Sun 8a- 12:30p
<b>House of Yahweh</b> 4046 Marine Ave., Lawndale, 310-675-1384							
<ul style="list-style-type: none"> <li>• Apply for Food Outreach program in office; if qualified, pick up food once/week from 2-3p</li> <li>• Emergency food once/month: call 310-675-1384 from 9-10a; first 10 callers accepted with food pickup from 3-3:30p.</li> </ul>							

### Information Help Line

**"211" LA County Information and Referral:** Dial "211", 24 hours/7 days a week  
English, Spanish, and in over 140 languages, to get referrals on over 49,000 programs and services in LA County. Some of these include: health care and substance abuse, domestic violence, shelter, food, legal and financial assistance, programs for children and seniors and different types of mental health services.

## Free Meals in the South Bay (revised March 2018)

Dinners are shown in **boldface with grey background**

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>St. Lawrence Martyr Catholic Church</b> 1900 S Prospect Ave., Redondo Bch, 310-540-0329	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-3:30p sack lunch	8:30a-1p sack lunch	8:30-1p sack lunch	8:a-1p sack lunch
<b>Beacon Light Mission</b> (must attend chapel first) 525 Broad St, Wilmington, 310-830-7063	<b>6:45p</b>	<b>6:45p</b>	<b>6:45p</b>	<b>6:45p</b>	<b>6:45p</b>	<b>6:45p</b>	<b>6:45p</b>
<b>St. Catherine Laboure Catholic Church</b> 3846 Redondo Bch Blvd, Torrance, 310-323-8900	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch	11a-1p sack lunch		
<b>Calvary Hawthorne Presbyterian Church</b> 13560 Hawthorne Blvd, Hawthorne, 310-676-1144				11a-2p sack lunch	11a-2p sack lunch		
<b>Salvation Army</b> 324 E. Queen St, Inglewood, 310-677-3375	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches	11a 40 sack lunches		
<b>St. James Catholic Church</b> 415 Vincent, Redondo Beach, 310-530-2756	1-2p		1-2p		1-2p		
<b>St. Margaret's Center</b> (closed daily 12-1p) 10217 Inglewood, Lennox, 310-672-2208	8:30a-5p, sack lunch		8:30a-5p, sack lunch		8:30a-5p, sack lunch		
<b>St. John Evangelical Lutheran Church</b> 14517 Crenshaw Blvd, Gardena, 310-676-8804	<b>6p</b>				<b>6p</b>		12p, sack lunch
<b>Curt's Kitchen</b> 129 North Pacific Ave. San Pedro, CA 310-831-3480	<b>5:30p</b>	<b>5:30p</b>					
<b>St. Andrew's Presbyterian Church</b> 301 Avenue D, Redondo Beach, 310-540-5252		12-1p		12-1p			
<b>St. Paul's United Methodist (Proj. Needs)</b> 2600 Nelson, Redondo Beach, 310-370-4319		<b>6-7p</b>					
<b>Calvary Light Christian Center</b> 1101 N. Lakme Ave, Wilmington, 310-830-3043			12 p				
<b>First United Methodist Church (Shared Bread)</b> 243 S. Broadway, Redondo Bch, 310-372-8445			<b>5-7p</b>				
<b>First Baptist Church</b> 555 W. 7 <sup>th</sup> St, San Pedro, 310-548-1333				<b>6-8p</b>			8a
<b>Journey South Bay Community Church</b> 2761 190 <sup>th</sup> St., Redondo Beach, 310-371-0411				<b>6-8p</b>			
<b>Torrance First Baptist Church</b> 2118 W. Carson, Torrance, 310-328-5030						1 <sup>st</sup> Sat. 11a-1p	
<b>Walteria United Methodist Church</b> 3646 Newton St., Torrance, 310-375-0622						2 <sup>nd</sup> Sat. 11a-1p	
<b>St. Andrew's Episcopal Church</b> 1432 Engracia, Torrance, 310-328-3781						3 <sup>rd</sup> Sat. 11a-1p	
<b>First United Methodist Church</b> 1551 El Prado, Torrance, 310-328-3242						4 <sup>th</sup> Sat. 11a-1p	
<b>Riviera United Methodist Church</b> 375 Palos Verdes Blvd., Redondo Bch, 310-378-9273						5 <sup>th</sup> Sat. 11a-1p	

## Showers

1. **Beacon Light Mission**, 525 Broad Avenue, Wilmington  
Men showers only: Monday, Thurs @ 8:00 am; free clothing and breakfast after showers
2. **Doors of Hope**: 529 Broad Ave, Wilmington  
Women showers only: Monday, Thurs @ 8:30-9:15 am; free clothing and breakfast after showers

## Clothing

1. St John Lutheran: Saturdays @ 11-12:30 pm
2. Curt's Kitchen: Monday, Tuesdays @ 5:30 pm
3. St. Andrew's Episcopal: Saturdays @ 11 am
4. Harbor Interfaith Services: Monday-Friday @ 9-noon
5. Stillman Sawyer Family Service Center: Monday-Friday @ 9-noon

## Free Laundry Service through Laundry Love (sponsoring organizations shown in italics) (Updated May 2019)

1. **Clean Scene Laundry**  
*(St. Cross Episcopal)*  
2301 Artesia Blvd, Redondo Beach, 310-376-8989  
Last Wednesday, 7:00-10:00 pm (last load 8:45 pm)
2. **King's Laundry**  
*(The Branch)*  
1330 PCH, Harbor City, 310-508-9214  
4<sup>th</sup> Thursday, doors open at 4:00 pm, last wash 6:30 pm
3. **Coin Laundromat**  
*(Ministerios Torrentes de Besor, First Presby San Pedro, St. Peter's Episcopal, St. Peter's By The Sea)*  
1000 W. Bandini St, San Pedro, 310-901-5490  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 6:00-8:00 pm
4. **Lucy's Fluff & Fold**  
*(Ministerios Torrentes de Besor, First Presby San Pedro, St. Peter's Episcopal)*  
112 S. Pacific Ave, San Pedro, 310-901-5490  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 6:00-8:30 pm
5. **Coin Op Laundry**  
*(City of Carson)*  
23521 Avalon Blvd, Carson,  
3<sup>rd</sup> Wednesdays, 4:00-6:00 pm
6. **La Familia Coin Laundry**  
*(Remembrance Community Church, Pacific Unitarian Universalist Church)*  
1739 Lomita Blvd, Lomita  
1<sup>st</sup> Saturdays, 1:00-4:00 pm, signups end 3:30 pm  
2<sup>nd</sup> Saturdays, 12:00-3:00 pm  
4 loads of laundry/person
7. **Soap City Laundromat New Location starting 6/27/19**  
*(The Branch Church)*  
208 W. Anaheim St. Suite A, Wilmington  
4<sup>th</sup> Thursday, 5:30pm signups end 7:30pm