

SPRING 2022 COMMUNITY RESOURCES

UPDATED JAN. 2022



USC
Student
Basic Needs



St. Francis Food Pantry

Wednesdays, Thursdays, & Saturdays 9am - 11am
Fill out intake form prior to visiting pantry [here](#).
1835 S Hope St, Los Angeles, CA 90015
(1.6 miles from campus)

Hope on Union - United University Church

Pantry bag distribution (Closed when out of food)
Thursdays 8:00 - 11:00am
1053 W. 23rd St. Los Angeles, CA 90007
*Corner of 23rd St. & Union Ave.
Phone: 213-205-8933
(0.8 miles from campus)

LA Dream Center Mobile Food Bank:

Wednesdays 2:30 pm - 3:30 pm
W 20th Street & S Oak St.
Los Angeles, CA 90007
(1.1. mile from campus)
Food Pantry open Monday - Friday 11am - 2pm
2301 Bellevue Ave. Los Angeles, CA 90026
(6 miles from campus)

Life of Faith Church:

Every 3rd Saturday 12:00 pm - 4:00 pm
8216 S. Hoover St. Los Angeles, CA 90044
Phone: 562-375-1668
Every third Saturday
(4.3 miles from campus)

Feed LA - Weingart East LA YMCA:

Grab & Go Breakfast & Lunch - Register here
Monday-Friday: 11am - 2pm
Produce Distribution: Monday-Friday 11am
2900 Whittier Blvd. Los Angeles, CA 90023
(4.3 miles from campus)

St. John's Cathedral:

3rd Saturday of the month 8:30 am - 10:30 am
514 W. Adams Blvd Los Angeles, CA 90007
(0.8 miles from campus)

St. Vincent de Paul:

Saturdays 7am - 8am
*Bring student or government ID
621 West Adams Blvd. Los Angeles, CA 90007
(0.8 miles from campus)

Hollywood Food Coalition:

Salvation Army - The Way In
To-go dinners served 6:30pm - 7:30pm
5939 Hollywood Blvd. Los Angeles, CA 90028
(6.4 miles from campus)

LOW COST OPTIONS:

Everytable

Offers affordable meals including vegan/vegetarian options
Monday - Thursday: 9am - 8pm, Friday: 9am - 7pm, Sunday: 11am - 5pm
Menu & information can be found [here](#)
1101 W. 23rd street, Los Angeles, CA
(1 mile from campus)

Rosso Oro's

\$7 lunch and dinner specials.
3500 South Figueroa St., Los Angeles, CA 90007
(Across the street from USC Campus)

AFFORDABLE RECIPE GUIDES:

Budget Bytes

Easy and affordable recipes

Trader Joes Recipes

Recipes using foods from
Trader Joe's

Tasty

Vegetarian recipes

CULTURALLY SPECIFIC & LOW COST GROCERY STORES:

JH Bazaar

Indian grocery store
2823 S Vermont Ave Los Angeles, CA 90007
(0.5 miles from campus)

Food 4 Less

1748 S. Jefferson Bl. Los Angeles, CA 90018
(1.2 miles from campus)

Grocery Outlet

1120 W 6th St, Los Angeles, CA 90017
(3.7 miles from campus)

Asian Mart

Indian, Bangladeshi, & Pakistani grocery store
3732 W 3rd St Los Angeles, CA 90020
(4 miles from campus)

Northgate Market

2323 W Olympic Blvd Los Angeles, CA 90006
(2.1 miles from campus)

ADDITIONAL RESOURCES

211

Find more resources at www.211la.org or by calling 211

Safe Parking LA

Provides parking and access to restroom facilities for people who are experiencing homelessness and sleeping in their vehicles. Apply here.

RISE Student Navigator Network

Student navigators help peers find resources and apply for public benefits such as SNAP, CalFresh, and unemployment. Schedule an appointment here.

WIN APP

Download to see and contact open shelters/food resources in the area or visit website.

Findhelp.org

Find food assistance, help paying bills, and other free or reduced cost programs in any city. Visit findhelp.org.



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WELLNESS & HEALTH

CLINICS:

USC TeleHealth Clinic

The clinic is usually open 8:30/9am - 5pm
Find more information and updates [here](#).
For general health, call USC Student Health 24/7
number at 213-740-9355 (WELL)

Hubert H. Humphrey Comprehensive Health Center

Primary care: Monday - Friday 8am - 4:30 pm
Urgent Care, Every day 8am - 10pm
(323) 897-6000
5850 S Main St. Los Angeles CA 90003
(2.8 miles from campus)

H. Claude Hudson Comprehensive Health Center

Monday - Friday: 8am - 4:30pm
Urgent Care: Monday - Friday: 7:30 am - 12am
Saturday & Sunday: 8am - 12am
(213) 699-7000
2829 S Grand Ave Los Angeles CA 90007
(0.8 miles from campus)



WELLNESS:

USC Student Health - Counseling & Mental Health:

[Let's Talk](#): 30 minute drop-in counseling

National Alliance on Mental Illness (NAMI)

HelpLine Monday-Friday, 10am to 6pm, EST
(800) 950-6264 Visit website for more resources.

Calm:

Offers free sleep, meditation, and relaxation resources.
Visit the website for resources.

Mindful USC:

Mindfulness classes/resources Online + on app store.

USC Recreational Sports:

On campus fitness centers and virtual classes.
Find more information [here](#).
More workouts can be found on the [USC Trojan Fitness Youtube](#).

SHELTERS

Union Rescue Mission

Women's Intake: Monday - Friday 9 am - 6pm
Men's Intake: Thursdays 9 am - 6pm
*Only take the first 10 people
Family Intake: 24/7
(213) 347-6300
545 S. San Pedro St., Los Angeles, CA 90013
(3.4 miles from campus)

Los Angeles Homeless Services Authority

Find additional shelters, bridge housing, and crisis housing [here](#).

FINANCIAL

USC Scholarship Universe

Scholarship matching tool

California Unemployment

Those who have become unemployed or partially unemployed can file an unemployment claim. Find information and apply [here](#).

FastWeb Scholarships

Find and apply for scholarships.

TECHNOLOGY

Emergency Broadband Benefit program

Provides discounts on internet services for those who are having trouble affording internet services. More information and eligibility requirements can be found [here](#).

USC Computing Centers

On campus computing centers that have Macs and PCs to use. Find the locations and hours [here](#).

USC ITS Short Term Laptop Loaner Program

Laptop loaner program including Macs and PCs. More information can be found [here](#).

FOR KIDS

Audible

[Free audiobooks for children of all ages](#)

PBS Kids

[PBS Kids weekday newsletter offers tips and activities for kids to learn and play at home.](#)

GoNoodle Library

[Movement and mindfulness videos.](#)

Scholastic Learn at Home

[Daily projects for kids](#)

Khan Academy

Free remote learning resources

