Resource Guide
Updated August 2022
Food Resources

Food Pantries

LA Community Fridges
Refrigerator and pantry that offers free food to community members. More information here.
2817 S Hill St, Los Angeles, CA 90007
(0.9 miles from campus)

St. Francis Food Pantry
Wednesdays, Thursdays, & Saturdays: 11am - 12:30pm
Fill out intake form prior to visiting pantry here.
1835 S Hope St, Los Angeles, CA 90015
(1.6 miles from campus)

Feed LA - Weingart East LA YMCA:
Produce Distribution: Mondays, Wednesdays, & Fridays: 10am - 12pm.
More information can be found here.
2900 Whittier Blvd. Los Angeles, CA 90023
(4.3 miles from campus)

LA Dream Center Mobile Food Bank:
Wednesdays: 2:30pm - 3:30pm
W 20th Street & S Oak St. Los Angeles, CA 90007
(1.1 mile from campus) Find more information here.
Food Pantry open Monday - Friday 12pm - 2pm
2301 Bellevue Ave. Los Angeles, CA 90026
(6 miles from campus)
Food Resources

Low-Cost Options

Everytable
Offers affordable meals including vegan/vegetarian options
Monday - Friday: 11am - 6pm, Saturday: Closed, Sunday: 11am - 6pm
Menu & information can be found here.
1030 W. Martin Luther King Jr. Blvd Suite 103, Los Angeles, CA 90037
(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)

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 90017
(1.2 miles from campus)

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

Asian Mart
Indian, Bangladesh, & 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)

Affordable Recipe Guides:

Budget Bytes
Easy & affordable recipes

Trader Joes Recipes
Recipes using foods from Trader Joe’s

Tasty Vegetarian Recipes
Food Resources - CalFresh

What is CalFresh?

CalFresh is a California food benefits program that helps students buy groceries. It won’t affect your existing financial aid and you don’t need your parent’s tax returns to apply. The average eligible student gets $234 (up to $250) each month in benefits which can be used at select locations and stores. It takes less than an hour to check your eligibility and apply. You’ll get a call from CalFresh in a couple of days to verify your situation. If approved, you’ll get money within 30 days through an electronic benefits transfer card (EBT).

Who qualifies?

All students must meet income and social security guidelines. The following qualifications are a good indicator of eligibility:

- Federal or state Work-Study recipient
- EFC of $0
- Working 20+ hours a week
- Cal Grant recipient

Find additional qualification information here.

Where can I use CalFresh dollars?

Many stores accept EBT including: Target, Trader Joe's, Family Dollar, Costco and Sam’s Club (membership required), Walmart, Aldi, Smart & Final, Ralph’s, & Food 4 Less. You can also purchase groceries online from Walmart and Amazon. EBT is also accepted at the Trojan Farmers Market. Explore more places where EBT is accepted here.

Apply Now!

www.getcalfresh.org/students
Housing Resources

Housing Options Near USC

USC Off-Campus Housing 101
Find housing within 2.5 miles of campus. Search for places and roommates [here].

Orion Housing
Advertises affordable housing for students. You can find more information [here] or by emailing leasing@orionhousing.com.

Mosaic Student Housing
Find available properties or a room in a house. Email specific properties for prices. Explore listings [here].

Sulekha
Search for rooms for rent near campus. Available listings can be found [here].

Healthy Housing Foundation
Single-occupancy housing for individuals who make between $7,200 & $30,000 per year. Apply [here] (there may be a waitlist)

Mercy Housing
Search for affordable housing [here].

Online Resources for Finding Roommates

USC Housing / Sublets / Rentals Facebook page

USC Graduate Students Looking For Housing Facebook page

Los Angeles Roommates Facebook page

Los Angeles Housing, Rooms, Apartments, Sublets, Roomster Facebook page

La County Resources

Housing Authority of the City of Los Angeles (HACLA)
Find Section 8 Housing [here].

Housing.LA.County.Gov
Free tool to search for affordable housing in LA County. Get started [here].

Low Income Housing.us
Find HUD apartments, section 8 apartments, public Housing apartments, non profit, senior and family low income apartments, and low income tax credit apartments (LIHTC). Visit the site [here].

Rent Assistance
It may also be advantageous to apply for rent assistance within LA county. This can mean living in a more expensive place but earning supplemental benefits to afford it. More information found [here].
GSG and USG Free Legal Counseling
Free legal counseling for USC students
Appointments are Monday from 4 - 9PM and last 30 minutes
Complete appointment request [here](#).

Los Angeles County Department of Consumer and Business Affairs
Assistance with consumer complaints, mediation, and small claims
500 West Temple Street, B-96 Los Angeles, CA 90012
(800) 973-3370
More information can be found [here](#).

Lawyer Referral Service (LRS) of the Los Angeles County Bar Association
Provide assistance with finding a local private attorney
(213) 243-1525
Find more information [here](#).

Stay Housed LA
Legal advice and representation to qualifying tenants in Los Angeles County
(888) 694-0040
Find more information [here](#).

Coalition for Economic Survival (CES) Tenants’ Rights Legal Clinic
Clinics hosted Sundays at 10AM via Zoom
Find more information [here](#).

Strategic Actions for a Just Economy (SAJE) Tenant Action Clinic
Clinics hosted Tuesdays from 4 - 7PM
152 W. 32nd St., Los Angeles, CA 90007
More information can be found [here](#).
Wellness & Health

Clinics

USC TeleHealth Clinic
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)

Planned Parenthood
400 W. 30th St. Los Angeles, CA 90007
15 minute walk from campus
Find more information here.

Wellness

USC Student Health - Counseling & Mental Health
More Information here.

24/7 Crisis Text Line support
Text "TROJAN" to 741741 on your mobile phone or via WhatsApp for 24/7 texting-based support from the trained volunteers at the Crisis Text Line (CTL). CTL is a national non-profit service and a recognized support partner of USC Student Health. It is not a psychotherapy service. No individual patient data is collected or shared through this line.

National Alliance on Mental Illness (NAMI)
HelpLine Monday-Friday, 10am to 6pm, EST
(800) 950-6264 More resources here.

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

Mindful USC
Mindfulness classes/resources Online + on app store.
Financial Assistance

**USC Financial Aid**
Phone: (213) 740-4444
[Help & Contact](#)

**Student Basic Needs**
Supplemental Funding
One-time funding opportunity for basic needs such as rent, food, medical expenses, etc. Find more information and eligibility information [here](#).

**Graduate Student Government**
Emergency Fund
Funding opportunity for unforeseen expenses. Find more information and eligibility information [here](#).

**USC Scholarship Universe**
Scholarship matching tool [here](#).

**FastWeb Scholarships**
Find and apply for scholarships [here](#).

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

**USC ITS Short Term Laptop Loaner Program**
Laptop loaner program including Macs and PCs. More information can be found [here](#).

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

**Affordable Connectivity Program**
Benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. Find more information [here](#).

**Federal Communications Commission's Lifeline for Low-Income Consumers**
Program that assists with making phone and internet services more affordable for low-income households. More information and eligibility requirements can be found [here](#).

**California Public Utilities Commissions's California Lifeline Program**
Provides discounted home and cell phone services to qualified households. More information [here](#).
For Kids

Audible

PBS Kids
PBS Kids weekday newsletter offers tips and activities for kids to learn and play at home. Check out here.

GoNoodle Library
Movement and mindfulness videos here.

Scholastic Learn at Home
Daily projects for kids here.

Khan Academy
Free remote learning resources here.
Additional Resources

211
Find more resources 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. Find more information 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 website here.

California Alternative Raters for Energy (CARE)
Save 20% on your monthly gas bill. More Info here.
On-Campus Resources

**Campus Support & Intervention**
Provide support and guidance navigating complex issues. Open to current students, staff, and faculty.
Find more information [here](#).
Phone: (213) 740-0411

**Counseling and Mental Health**
Individual and group therapy, crisis support, psychiatric services, and specialties for gender-based harm.
24/7 line, 213-740-9355 (WELL)
Find more information [here](#).

**Office for Equity, Equal Opportunity, and Title IX (EEO-TIX)**
Centralized resource for civil rights education, reporting, and resolution procedures. Get assistance [here](#).

**Relationship and Sexual Violence Prevention and Services (RSVP)**
Provide confidential and trauma informed services in situations of gender- and power-based harm (including sexual assault, domestic violence, and stalking). Find more information [here](#).
Get free & confidential help anytime by calling 213-740-9355
On-Campus Resources

**USC Career Center**
Find information on jobs, employers, Career Center services, workshops, Trojan Talks, and other topics of interest. Check out the [connectSC User Guide](#) to get started.

**Student Equity & Inclusion Programs**
Student development centers and initiatives that offer student support services and programs that focus on intersectionality sense of belonging, and well-being.

- Asian Pacific American Student Services (APASS) - STU 410
- Center for Black Cultural and Student Affairs (CBCSA) - STU 100
- First Generation Plus Success Center (FG+SC) - Tutor Campus Center (TCC) 224
- Latinx/Chicanx Center for Advocacy and Students Affairs (La CASA) - STU 402
- LGBTQ+ Student Center - STU 415
- Student Basic Needs - TCC 330
- Veterans Resource Center - TCC 330
- Native American & Pasifika Student Lounge – STU 405
- Middle Eastern & North African Student Lounge – STU 100