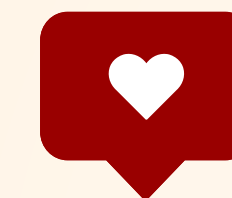


STUDENT BASIC NEEDS  
ADVOCATE • CONNECT • EMPOWER



# Resource Guide

Updated August 2024



**USC Student Life**  
*Student Basic Needs*



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# Food Resources near UPC

## Food Pantries

### **Jubilee Vegan Cafe - University Religious Center**

Tuesdays 12-1pm (Fall & Spring terms only)

Find more information [here](#).

University Religious Center Courtyard

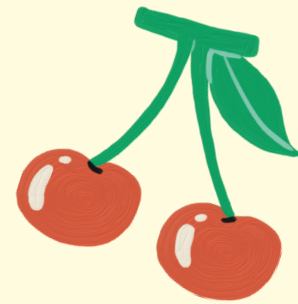
\*Line starts next to bike racks outside Rm 108  
(On campus)

### **St. John's Cathedral:**

3rd Saturday of the month 8:30am - 10:30am

Find more information [here](#).

514 W. Adams Blvd Los Angeles, CA 90007  
(0.8 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)

### **St. Agnes Parish:**

Tuesdays 9am - 10:30am

Call for more information [\(323\) 234-3030](tel:323-234-3030)

2625 S. Vermont Avenue, Los Angeles, CA 90007  
(0.7 miles from campus)

### **YMCA - FeedLA Initiative**

Provides meals, produce, and essential goods to LA County residents in need

Various times and distribution sites

For more information visit [here](#)

### **Hope on Union - United University Church**

Food distribution (First-Come, First-Served)

Thursdays: 8am - 10am

Find more information [here](#) or email [office@uuc-la.org](mailto:office@uuc-la.org).

1053 W. 23rd St. Los Angeles, CA 90007

\*Corner of 23rd St. & Union Ave.

Phone: 213-748-0209

(0.8 miles from campus)

### **St. Vincent de Paul Church**

Fridays 8am-12pm

Parking lot of 2455 South Figueroa

For more information visit [here](#) or call (213) 749 8950

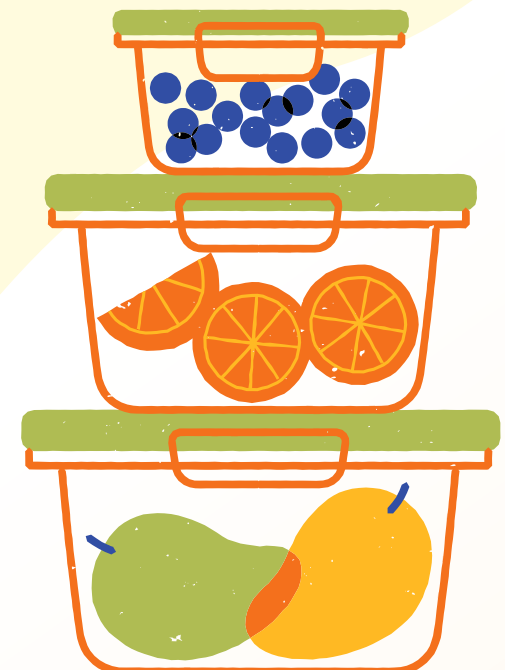
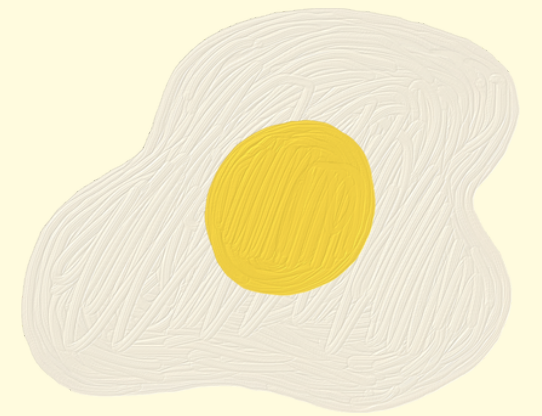
(0.85 miles from campus)

### **Los Angeles Regional Food Bank**

Note: Pantry distribution dates and times are subject to change.

Please contact the agency directly to confirm distribution times.

You can learn more [here](#).



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# Food Resources near HSC

## Food Pantries

### **White Memorial S.D.A. Church**

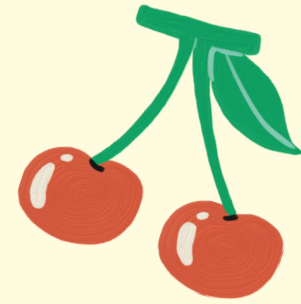
1st & 3rd Tuesday of the month 10am - 12pm  
401 N. State Street, Los Angeles, CA 90033  
For more information visit [here](#) or call (323) 264-2170  
(0.25 miles from campus)

### **Catholic Charities - Brownson House**

Monday-Friday 9am-1pm  
1307 Warren Street, Los Angeles, CA 90033  
For more information visit [here](#) or call (323) 264-8701  
(0.5 miles from campus)

### **YMCA - FeedLA Initiative**

Provides meals, produce, and essential goods to LA  
County residents in need  
Various times and distribution sites  
For more information visit [here](#)



### **LAC + USC CARES - Mobile Food Pantry.**

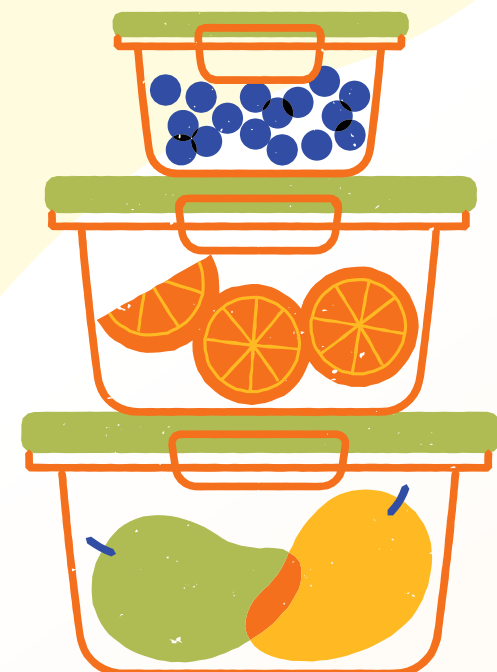
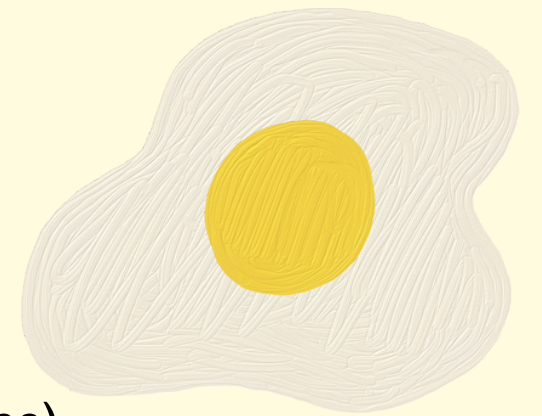
Once a month, 3rd Fridays  
9 - 10:30am (Patients & Community)  
10:30 - 11am (Employees)  
2010 Zonal Ave, Los Angeles, CA 90033 (Building B, 2nd Floor Entrance)  
For more information visit [here](#) or call (323) 409-6941  
(0.7 miles from campus)

### **LAC + USC CARES - Drive Thru Food Distribution**

Once a month, 4th Fridays  
1724 Sichel St, Los Angeles, CA 90031  
For more information visit [here](#) or call (323) 409-6941  
(0.72 miles from campus )

### **Los Angeles Regional Food Bank**

Note: Pantry distribution dates and times are subject to change.  
Please contact the agency directly to confirm distribution times.  
You can learn more [here](#).



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# Food Resources

## Low-Cost Options

### **Everytable**

Offers affordable meals including vegan/vegetarian options  
Monday - Friday: 8am - 7pm, Saturday: Closed, Sunday: 8am - 7pm  
Menu & information can be found [here](#).  
1101 W 23rd St, University Park, CA 90007 (0.7 miles from campus)  
1030 W. Martin Luther King Jr. Blvd Suite 103, Los Angeles, CA 90037  
(1 mile from campus)

### **Rosso Oro's**

\$9 special (pizza, salad, drink)  
Monday - Friday: 11am - 6pm  
Menu & information can be found [here](#).  
3500 South Figueroa St., Los Angeles, CA 90007  
(Across the street from USC Campus)



## Affordable Recipe Guides:

### **Budget Bytes**

Easy & affordable recipes  
[View here](#)

### **Trader Joes**

**Recipes**  
Recipes using foods from TJ's  
[View here](#)

### **Buzzfeed Tasty**

Vegetarian recipes  
[View here](#)

## 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  
(2.7 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)



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# 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 **up to \$291** each month in benefits which can be used at select locations and stores (including [online 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 age, income, and social security guidelines. The following qualifications are a good indicator of eligibility:

- Federal or State Work-Study recipient
- Working 20+ hours a week or 80+ hours a month consistently
- Cal Grant recipient

Find additional qualification information [here](#).

## Where can I use CalFresh dollars?

Many stores accept EBT. Find physical retailer locations by clicking [here](#). You can [purchase groceries online](#). Shop at the [Trojan Farmers Market](#). Learn how [here](#).

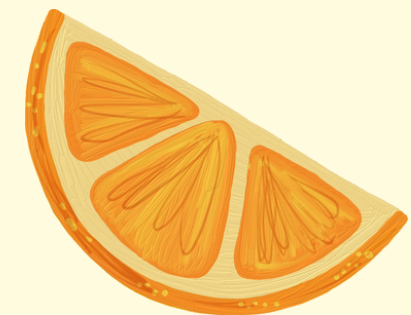
## How do I manage my benefits?

Create your online portal at [benefitscal.com](https://benefitscal.com) to check case status, balances, report changes, or complete six or one-year check-in. If needed, you will be redirected to your counties appropriate website.

Apply Now!

[www.getcalfresh.org/students](https://www.getcalfresh.org/students)

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# 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](mailto: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](#).

### **Tripalink**

Search for rooms for rent near campus. Available listings can be found [near UPC](#) or [throughout Los Angeles](#).

## 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](#).

## SHELTERS

### **Union Rescue Mission**

*Women's Intake: Monday - Friday 9 am - 6pm; Men's Intake:*

*Thursdays 9 am - 6pm; Family Intake: 24/7*

*\*Only take the first 10 people*

545 S. San Pedro St., Los Angeles, CA 90013

(3.4 miles from campus)

(213) 347-6300

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# Legal Assistance



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## **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) 593 8222

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](#).

## **Legal Aid Foundation of Los Angeles**

A nonprofit law firm that protects and advances the rights of the marginalized communities

(800) 399-4529

Find more information [here](#). Sign up for eviction trial workshops [here](#).

## **Coalition for Economic Survival (CES) Tenants' Rights Legal Clinic**

Tenants' Rights Clinics hosted Saturdays at 10AM via Zoom

Find more information [here](#).

## **Tenant Power Toolkit**

Quickly respond to a filing in eviction court and resources on rent debt

Find more information [here](#).

## **Stay Housed LA**

Legal advice and representation to qualifying tenants in Los Angeles County, including legal assistance with eviction

(888) 694-0040

Find more information [here](#).

## **Self-Help Legal Access Centers (L.A. County)**

Legal assistance from trained attorneys for tenants representing themselves in eviction court

Find more information [here](#).

## **Eviction Defense Network**

A nonprofit that supports families facing eviction in LA County

Find more information [here](#).

Join workshops via [Zoom](#) or by calling (214) 485-8112

## **Strategic Actions for a Just Economy (SAJE) Tenant Action Clinic**

Clinics hosted first and third Tuesdays of each month from 4 - 6PM

152 W. 32nd St., Los Angeles, CA 90007

More information can be found [here](#).

## **USC Gould Immigrant Legal Assistance Center (ILAC)**

Free, confidential consultations, legal assistance, and referrals to members of the USC Trojan Family

(213) 821-9627

Find more information [here](#).



# Rental Assistance

## **Salvation Army- Bellflower Temple Corps**

Help paying for utilities, rent and mortgage, bills, and general financial assistance

*Required:* Most recent bill, most recent check stub, names and birthdays of every person living in the household.

More information can be found [here](#).

## **Motel/Rental Assistance Vouchers- LSSSC**

This program provides: Short-term housing (1-2 days), Motel vouchers, and Rent subsidies for specialized individualized cases

More information can be found [here](#).

## **Housing Choice Vouchers**

A program by the US Department of Housing and Urban Development that pays a direct housing subsidy to the landlord so you can pay rent at a discounted price.

*Required:* Must make at or below 50% of the median income for the apartment you currently live in

More information [here](#).

## **Rent Assistance Programs**

Emergency Rental Housing assistance and Rent Relief Resources. Find help paying your rent. If you are looking for emergency rental housing assistance, view our listings of nationwide resources by

zipcode. More information [here](#).



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.

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# Rental Assistance

## **LOS ANGELES COUNTY RENT RELIEF PROGRAM**

If you live in a building with a smaller landlord, you may be able to work with them to apply for a grant to pay off any rental arrears. Find more information on this program [here](#).

## **GR Housing Subsidy**

If you are between the age of 18-24 and receiving a General Relief (GR) grant, you can apply [here](#). The program can provide you with a rental subsidy of \$500, move-in assistance, and access to supportive services.

## **Safe Place For Youth**

SPY works with youth ages 12-25 who are experiencing or at risk of homelessness. Services available on-site include access to survival essentials including food, water, hygiene items, case management, education and employment, and more. Find more information [here](#).







# Health and Wellness

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## 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) More information [here](#).

### **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) More information [here](#).

### **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/dental expenses, and childcare. Find more information and eligibility information **[here](#)**.

Please view additional funding opportunities on **[our webpage](#)**.

## **Graduate Student Government Grant/Funds**

**[Click here](#)** to learn more about the Professional Development Fund, Caretaker Subsidy Grant, Emergency Fund, and Neuropsychological Evaluation Fund.

## **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](#)**.

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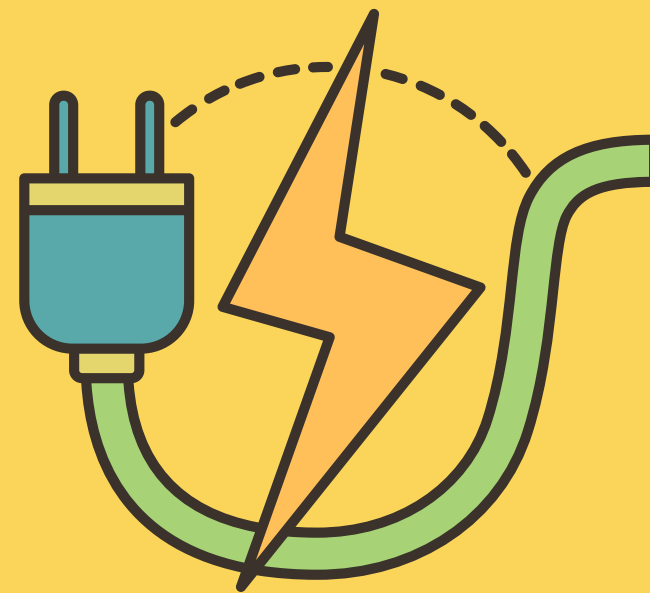


# Utility Assistance

**LIHEAP:**  
**Low Income Home Energy**  
**Assistance Program**  
[Info & Contact](#)

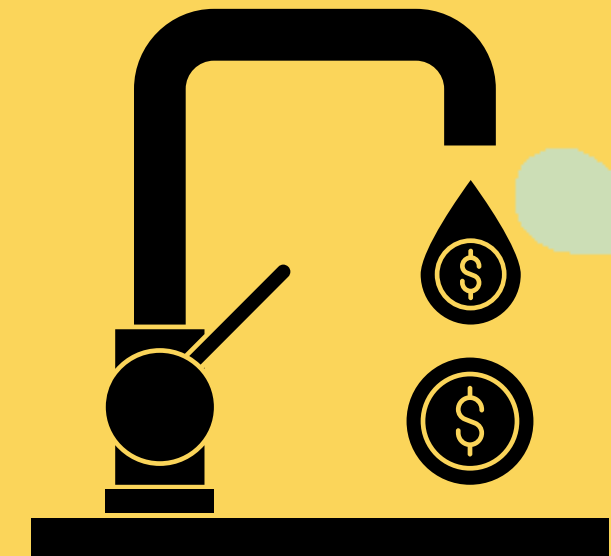


**ESA:**  
**Energy Savings Assistance**  
**Program**  
[Info & Contact](#)



**Gas Assistance Fund**  
[Info & Contact](#)

**Utilities Assistance**  
**Programs**  
[Info & Contact](#)



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# Technology Assistance

## **USC ITS Short Term Laptop Loaner Program**

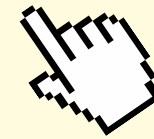
Laptop loaner program including Macs and PCs. More information can be found [here](#).

## **USC Computing Centers**

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

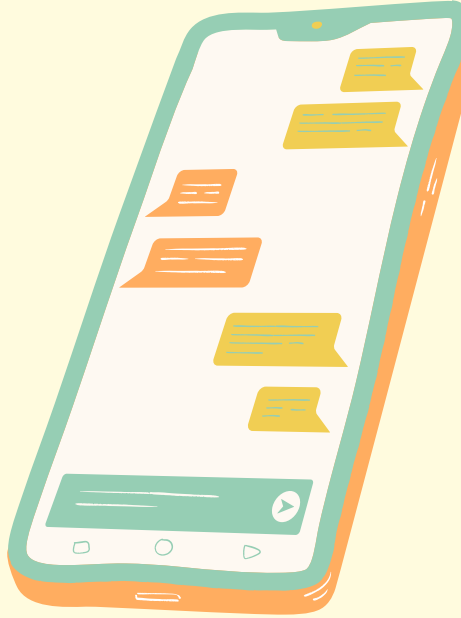
## **Affordable Connectivity Program**

Benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. *\*Note: The ACP has ended for now effective June 1, 2024.* Find more information and FAQs [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](#).

## **Tech2go**

Computer bundle and mobile hotspot program. More information can be found [here](#). See next page for additional details.

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# Technology Assistance

## Tech2go

Computer bundle loaner program via the Los Angeles Public Library. More information can be found [here](#).

Tech2go is available at participating locations. View library branches [here](#).

### **Computer Bundles**

Tech2go Computer Bundles come equipped with a Chromebook device and an internet hotspot for long-term use.

[View Info](#)



### **Chromebooks**

Check Out Chromebooks From the Library

[View Info](#)



### **Mobile Hotspots**

The Tech2go Hotspot Loan Program provides internet access to families and households that lack these services.

[View Info](#)



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# Family and Children Support

## **Audible**

Free audiobooks for children of all ages. More Info [here](#).

## **PBS Kids**

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

## **Scholastic Learn at Home**

Daily projects for kids [here](#).

## **Khan Academy**

Free remote learning resources [here](#).

## **GoNoodle Library**

Movement and mindfulness videos [here](#).

## **WIC**

Supplemental assistant program for women, infants, and children

Check your eligibility [here](#). Schedule an appointment and apply [here](#).

## **Pathways LA- Child Care Assistance**

More information [here](#).



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# USC Public Transit/Transportation info

## Safe Parking LA

Provides parking and access to restroom facilities for people who are experiencing homelessness and sleeping in their vehicles. Info [here](#).

## Metro TAP Card for Students

Reduced price for college/vocational students. Info [here](#).

## USC Employee Transit Subsidy

Public transportation and reduced vehicles for commuting. Info [here](#).

## USC Lyft Rides Program

Provides free, reliable transportation for those who study, work or take classes at night. Info [here](#).

## DART Program:

DART is a free service provided by USC Transportation to assist USC students, faculty and staff with mobility issues in getting around campus. Info [here](#).

## Metrolink Student Adventure Pass

A grant-funded program that enables students in Southern California to ride Metrolink for free and available until June 30, 2025. Info [here](#).

## USC U-Pass

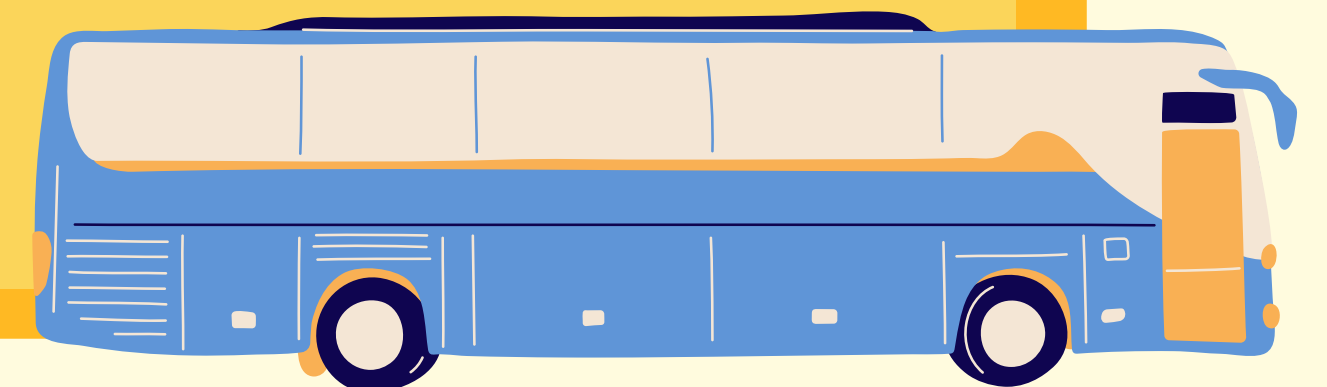
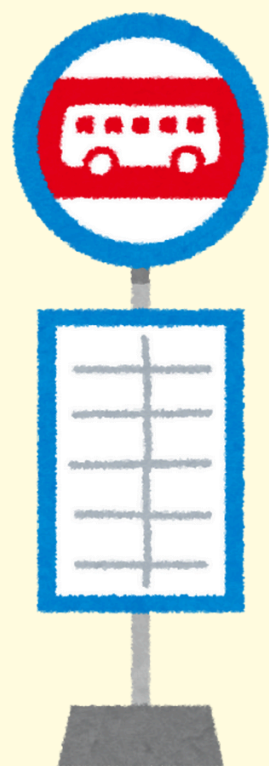
The U-Pass allows all current USC students unlimited rides on LA Metro's rail and bus lines, and is available at no additional cost. Info [here](#).

## USC Buses:

A network of free buses throughout USC campuses. Info [here](#).

## Zipcar:

USC has partnered with Zipcar to bring self-service, on-demand car sharing to the area. Info [here](#).





# Additional Resources

## **211 LA**

Find [more](#) resources or by calling 211

## **WIN APP**

Download to see and contact open shelters/food resources in the area or [visit](#) website.

## **California Alternative Raters for Energy (CARE)**

Save 20% on your monthly gas bill and 30-35% on your electric bill. More Info [here](#).

## **Findhelp.org**

Find food assistance, help paying bills, and other free or reduced cost programs in any city. Visit website [here](#).

## **Marco Learning / The Graide Network**

Remote job where you grade and provide feedback to students based on a teacher's rubric. More info [here](#).

## **Remote.co**

Connecting individuals with remote jobs. Find more [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 Services

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 [Handshake](#), USC's university-wide career services management platform.

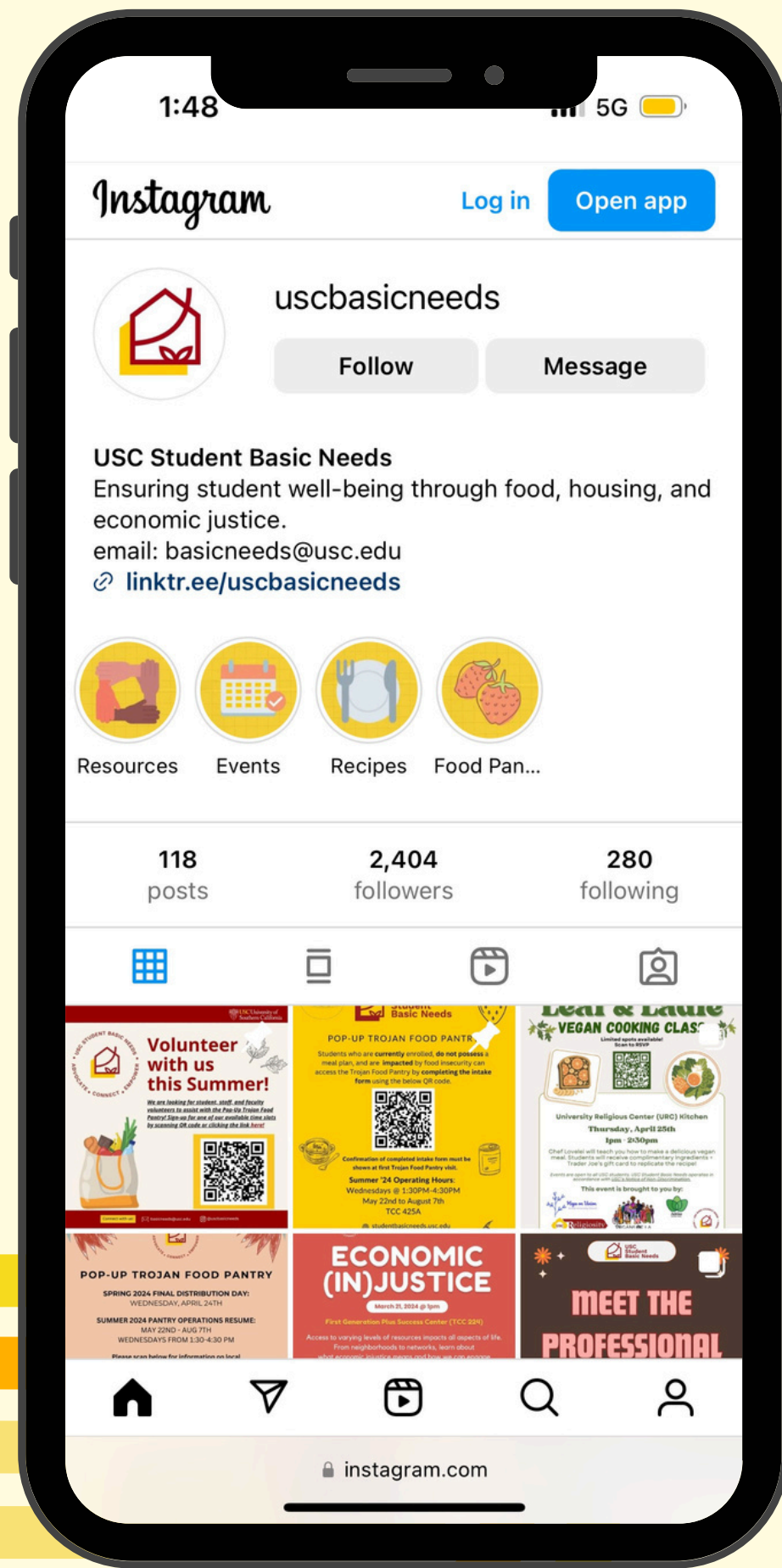
## Student Equity & Inclusion Programs

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 421 · [apass@usc.edu](mailto:apass@usc.edu)
- [Center for Black Cultural and Student Affairs](#) (CBCSA) · STU 100 · [cbcsa@usc.edu](mailto:cbcsa@usc.edu)
- [First Generation Plus Success Center](#) (FG+SC) · TCC 224 · [firstgen@usc.edu](mailto:firstgen@usc.edu)
- [Gender Equity Programs](#) · [gep@usc.edu](mailto:gep@usc.edu)
- [Justice, Equity, Diversity, and Inclusion Programs](#) (JEDI) · STU 410 · [jedi@usc.edu](mailto:jedi@usc.edu)
- [La CASA](#) · STU 400 · [lacasa@usc.edu](mailto:lacasa@usc.edu)
- [LGBTQ+ Student Center](#) · STU 415 · [lgbtqplus@usc.edu](mailto:lgbtqplus@usc.edu)
- [Student Basic Needs](#) · TCC 330 & 425A · [basicneeds@usc.edu](mailto:basicneeds@usc.edu)
- [Veterans Resource Center](#) · TCC 330 · [vets@usc.edu](mailto:vets@usc.edu)
- [Native American & Pasifika Student Lounge](#) · STU 403 · [napl.lounge@usc.edu](mailto:napl.lounge@usc.edu)
- [Middle Eastern & North African Student Lounge](#) · STU 100 · [mena.lounge@usc.edu](mailto:mena.lounge@usc.edu)







# STAY CONNECTED!

 **BASICNEEDS@USC.EDU**

 **STUDENTBASICNEEDS.USC.EDU**

  
**INSTAGRAM**  
**@USCBASICNEEDS**

