

Free Meals in the South Bay (revised May 2015)

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

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
St. Lawrence Martyr Catholic Church 1900 S Prospect Ave., Redondo Bch, 310-540-0329	8:30a-3p sack lunch	8:30a-3p sack lunch	8:30a-3p sack lunch	8:30a-3p sack lunch	8:30a-3p sack lunch	8:30a-3p sack lunch	8a-2p sack lunch
St. Margaret Mary Catholic Parish 25511 Eshelman, Lomita, 310-326-3364 x15	8-11:30a 1-3:30p sack lunch	8-11:30a 1-3:30p sack lunch	8-11:30a 1-3:30p sack lunch	8-11:30a 1-3:30p sack lunch	8-11:30a 1-3:30p sack lunch		
Beacon Light Mission <i>(must attend chapel first)</i> 525 Broad St, Wilmington, 310-830-7063	6:45p	6:45p	6:45p	6:45p	6:45p	6:45p	6:45p
St. Catherine Laboure Catholic Church 3846 Redondo Bch Blvd, Torrance, 310-323-8900	9a-1p 2-5:30p sack lunch	9a-1p 2-5:30p sack lunch	9a-1p 2-5:30p sack lunch	9a-1p 2-5:30p sack lunch	9a-1p 2-5:30p sack lunch	9a-1p 2-5:30p sack lunch	
Mary Star of the Sea Catholic Church 870 W. 8th St., San Pedro, 310-833-3541 <i>serves San Pedro community only</i>	8a-12p sack lunch	8a-12p sack lunch	8a-12p sack lunch	8a-12p sack lunch	8a-12p sack lunch		
Calvary Hawthorne Presbyterian Church 13560 Hawthorne Blvd, Hawthorne, 310-676-1144 <i>One lunch per week per client</i>		10a-12p sack lunch	10a-12p sack lunch	10a-12p sack lunch	10a-12p sack lunch		
Salvation Army 324 E. Queen St, Inglewood, 310-677-3375	11a 75 sack lunches	11a 75 sack lunches	11a 75 sack lunches	11a 75 sack lunches	11a 75 sack lunches		
St. James Catholic Church 415 Vincent, Redondo Beach, 310-530-2756	1-2p		1-2p		1-2p		
St. Margaret's Center 10217 Inglewood, Lennox, 310-672-2208	8:30a-12p, 1-5p sack lunch		8:30a-12p, 1-5p sack lunch		8:30a-12p, 1-5p sack lunch		
St. John Lutheran Church 14517 Crenshaw Blvd., Gardena, 310-676-8804						2nd Sat. 4:00p	12:00p sack lunch
Curt's Kitchen 129 North Pacific Ave. San Pedro, CA 310-831-3480	5:30p	5:30p					
St. Lawrence Family Food Pantry 10122 Compton Ave, LA (NE of 110 and 105 freeways), 323-567-1439		11a	11a	11a			
St. Andrew's Presbyterian Church 301 Avenue E, Redondo Beach, 310-540-5252		12-1p		12-1p			
St. Paul's United Methodist (Proj. Needs) 2600 Nelson, Redondo Beach, 310-370-4319		6-7p					
First United Methodist Church 243 S. Broadway, Redondo Bch, 310-372-8445			6-7p				
First Baptist Church 555 W. 7 th St, San Pedro, 310-548-1333				6-8p			8a
Journey South Bay Community Church 2761 190 th St., Redondo Beach, 310-371-0411				6:30-7p			
Community of Hope <i>(must attend worship first)</i> 3115 Marine Ave, Gardena, 310-676-0223				6:45-8p			
Torrance First Baptist Church 2118 W. Carson, Torrance, 310-328-5030						1 st Sat. 11a-1p	
Walteria United Methodist Church 3646 Newton St., Torrance, 310-375-0622						2 nd Sat. 11a-1p	
St. Andrew's Episcopal Church 1432 Engracia, Torrance, 310-328-3781						3 rd Sat. 11a-1p	
First United Methodist Church 1551 El Prado, Torrance, 310-328-3242						4 th Sat. 11a-1p	
Riviera United Methodist Church 375 Palos Verdes Blvd., Redondo Bch, 310-378-9273						5 th Sat. 11a-1p	
House of Yahweh 4046 Marine Ave., Lawndale, 310-675-1384	Call 310-675-1384 for more information on meals. Emergency food: call 9-10a to get on list – pickup at 3-3:30p Tues: clothing: 12-12:45 p						

Free Groceries in the South Bay (revised May 2015)

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
Harbor Interfaith Services 670 w. 9 th St, San Pedro, 310-831-9123 <i>serves San Pedro, Wilming'n, Lomita, HCity, Harbor Gateway</i>	9-11:30a	9-11:30a	9-11:30a 4:30-7p	9-11:30a	9-11:30a		
Stillman Sawyer Family Service Center 820 Lomita Blvd, Harbor City, 310-835-1986 <i>serves Wilmington residents only</i>	9a-12p	9a-12p	9a-12p	9a-12p	9a-12p		
Toberman Settlement House 131 N. Grand Ave, San Pedro, 310-832-1145	8-11:30a	8-11:30a		8-11:30a	8-11:30a		
<i>Can come once a month for groceries; daily for bread and produce as available</i>							
New Challenge Ministries 21804 Halldale Ave, Torrance, 310-490-9439	9:30a- 12p	9:30a- 12p	9:30a- 12p	9:30a- 12p	9:30a- 12p	9:30a- 12p	
Sisters of Charity 28600 Palos Verdes Dr East, RPV, 310-831-5385	9a-3p	9a-3p		9a-3p	9a-3p	9a-3p	
<i>Can come once a month; also has clothing, furniture and household items</i>							
St. Peter & Paul Church 515 W. Opp St, Wilmington, 310-834-5215 <i>serves Wilmington, Harbor City, San Pedro families</i>	11a-12p	11a-12p		11a-12p			
Gardena City Human Services 1651 W. 162nd St, Gardena, 310-217-9574 <i>serves Gardena residence only</i>	10a-3p		10a-3p	10a-3p			
<i>Groceries 3x per calendar year, minimum 30 days apart. Call for other details.</i>							
St. Margaret's Center 10217 Inglewood, Lennox, 310-672-2208 <i>serves Inglewood, Lennox, Hawthorne, Lawndale, El Segundo, Manhattan Beach, Gardena residence; please call for an appointment</i>	9-12p, 1-4p		9-12p, 1-4p		9-12p, 1-4p		
Coast Christian Fellowship 4000 Pacific Coast Highway, Torrance, 310-373-8573	4-6 pm						
St. Andrew's Presbyterian Church 301 Avenue E, Redondo Beach, 310-540-5252		12-1p		12-1p			
Food Pantry LAX 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		
<i>Can get emergency food once a week. Bring picture ID.</i>							
Salvation Army 439 S. Grand Ave, San Pedro, 310-832-7228 <i>serves San Pedro, Harbor City, Lomita, Wilmington, RPV</i>		9a-12p, 1:30-3p			9a- 12p, 1:30- 3p		
<i>Can get groceries once every 2 weeks.</i>							
St. Philomena Catholic Church 21900 S. Main St, Carson, 310-835-7161 <i>serves Carson residences only</i>		7:30- 9:30a					
St. Margaret Mary Catholic Parish 25511 Eshelman, Lomita, 310-326-3364 x15 <i>serves Lomita, Wilmington, Harbor City, Torrance residents</i>			8:00-10a				
St. Paul's United Methodist (Proj. Needs) 2600 Nelson, Redondo Beach, 310-370-4319				1 st & 3 rd Thurs: 9- 11a			
New Life Church 25420 Vermont Ave., Harbor City, 310-325-0243				2 nd & 4 th Thurs: 10- 12p			
Bel Vue Community Presbyterian 675 E. 118 th St, LA (just east of the 110 and 105 freeways), 323-757-9188				3 rd Thurs 10-11a			
First Lutheran Church 600 W Queen St, Inglewood, 310-674-5103				2 nd , 4 th 10-11 a			

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
Calvary Hawthorne Presbyterian Church 13560 Hawthorne Blvd, Hawthorne, 310-676-1144					Last Fri 9a-1p		
Bible Enrichment Fellowship 400 E. Kelso St, Inglewood, 310-412-2541					1 st & 2 nd 4-6p		
Hope Chapel 13560 Hawthorne Blvd, Hawthorne, 310-970-9023						3 rd Sat. 12- 12:30p	
Holy Trinity Lutheran 9300 S. Crenshaw, Inglewood, 323-757-1739						2 nd , 4 th Sat. 1-2p	
St. Lawrence Martyr Catholic Church 1900 S Prospect Ave., Redondo Bch, 310-540-0329 <i>serves Redondo and Torrance residents only</i>						8:30- 10a	1 st Sunday 8:30- 11:30a
Oceangate Baptist 13443 Oceangate Ave., Hawthorne, 310-973-7031	Guests can get pantry items once a month when the church office is open. Call at 310-973-7013.						

Information Help Lines

"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.

Showers:

1. Beacon Light Mission: Men showers only: Monday, Thurs @ 8:00 am; free clothing and breakfast after showers
2. Doors of Hope: 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 Kit: 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

Laundry Love (Free laundry service)

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
(Baycities Community Church)
1330 W. PCH, Harbor City, 310-999-9730
Thursday (call for dates)
3. Coin-Op Laundry Fluff & Flood
(Nova Community Church)
5123 Torrance Blvd, Torrance 310-371-3022
4th Saturday, 4:45-7:00 pm