

# 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
<b>St. Lawrence Martyr Catholic Church</b> 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
<b>St. Margaret Mary Catholic Parish</b> 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		
<b>Beacon Light Mission</b> <i>(must attend chapel first)</i> 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	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	
<b>Mary Star of the Sea Catholic Church</b> 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		
<b>Calvary Hawthorne Presbyterian Church</b> 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		
<b>Salvation Army</b> 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		
<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> 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		
<b>St. John Lutheran Church</b> 14517 Crenshaw Blvd., Gardena, 310-676-8804						<b>2<sup>nd</sup> Sat. 4:00p</b>	12:00p 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. Lawrence Family Food Pantry</b> 10122 Compton Ave, LA (NE of 110 and 105 freeways), 323-567-1439		11a	11a	11a			
<b>St. Andrew's Presbyterian Church</b> 301 Avenue E, 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>First United Methodist Church</b> 243 S. Broadway, Redondo Bch, 310-372-8445			<b>6-7p</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>6:30-7p</b>			
<b>Community of Hope</b> <i>(must attend worship first)</i> 3115 Marine Ave, Gardena, 310-676-0223				<b>6:45-8p</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	
<b>House of Yahweh</b> 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
<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	9-11:30a	9-11:30a 4:30-7p	9-11:30a	9-11:30a		
<b>Stillman Sawyer Family Service Center</b> 820 Lomita Blvd, Harbor City, 310-835-1986 <i>serves Wilmington residents only</i>	9a-12p	9a-12p	9a-12p	9a-12p	9a-12p		
<b>Toberman Settlement House</b> 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>							
<b>New Challenge Ministries</b> 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	
<b>Sisters of Charity</b> 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>							
<b>St. Peter &amp; Paul Church</b> 515 W. Opp St, Wilmington, 310-834-5215 <i>serves Wilmington, Harbor City, San Pedro families</i>	11a-12p	11a-12p		11a-12p			
<b>Gardena City Human Services</b> 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>							
<b>St. Margaret's Center</b> 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		
<b>Coast Christian Fellowship</b> 4000 Pacific Coast Highway, Torrance, 310-373-8573	4-6 pm						
<b>St. Andrew's Presbyterian Church</b> 301 Avenue E, 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		
<i>Can get emergency food once a week. Bring picture ID.</i>							
<b>Salvation Army</b> 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>							
<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>St. Margaret Mary Catholic Parish</b> 25511 Eshelman, Lomita, 310-326-3364 x15 <i>serves Lomita, Wilmington, Harbor City, Torrance residents</i>			8:00-10a				
<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>New Life Church</b> 25420 Vermont Ave., Harbor City, 310-325-0243				2 <sup>nd</sup> & 4 <sup>th</sup> Thurs: 10- 12p			
<b>Bel Vue Community Presbyterian</b> 675 E. 118 <sup>th</sup> St, LA (just east of the 110 and 105 freeways), 323-757-9188				3 <sup>rd</sup> Thurs 10-11a			
<b>First Lutheran Church</b> 600 W Queen St, Inglewood, 310-674-5103				2 <sup>nd</sup> , 4 <sup>th</sup> 10-11 a			

LOCATION	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Calvary Hawthorne Presbyterian Church</b> 13560 Hawthorne Blvd, Hawthorne, 310-676-1144					Last Fri 9a-1p		
<b>Bible Enrichment Fellowship</b> 400 E. Kelso St, Inglewood, 310-412-2541					1 <sup>st</sup> & 2 <sup>nd</sup> 4-6p		
<b>Hope Chapel</b> 13560 Hawthorne Blvd, Hawthorne, 310-970-9023						3 <sup>rd</sup> Sat. 12- 12:30p	
<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 <i>serves Redondo and Torrance residents only</i>						8:30- 10a	1 <sup>st</sup> Sunday 8:30- 11:30a
<b>Oceangate Baptist</b> 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  
4<sup>th</sup> Saturday, 4:45-7:00 pm