

Local Area Resources

Food, Clothing, Showers, Utility

Location	Program Description	Phone Number
Everyday		
Christian Outreach Action 515 E. Third Street, Long Beach	Hot Meals + Food Distribution Breakfast: Everyday Monday through Sunday, at 7:30am 8:15 a.m. Lunch: Every Saturday & last Sunday of each month at 11am-12pm Dinner: Monday-Friday, at 4:30pm -5:30pm Food Bank: Mon., Tues., Thurs., and Friday 10:00 am-12:30 pm; Seniors ONLY - Wednesdays 10am-12:30pm - Age 55+ I.D. Required Clothing Bank: Wednesday & Fridays 10am-12:30pm Legal Clinic: Friday 1:30pm-4:00pm Diaper Bank: Friday, 1:00pm-3:00pm (Bring your baby and a form of ID for child such a birth certificate)	(562) 432-1440 https://www.coalongbeach.org/services-3
Weekdays		
City of Norwalk 11929 Alondra Blvd., Norwalk	Food Distribution: Monday - Thursday 8:00am- 4:00pm; Fridays 8:00am - 3:00pm	(562) 929-5544
Burns Community Center 5510 Clark Ave., Lakewood	Food Distribution: Mon-Fri: 7:00am-6:00pm Lakewood residents only (Zip Codes 90712 & 90713)	(562) 925-7512
Palms Park Community Center 12305 207th St., Lakewood	Food Distribution: Sun-Mon: 3:00pm-6:00pm Lakewood residents only (Zip Code 90715)	(562) 865-6414
Calvary Chapel 12808 Woodruff Ave., Downey	Food Distribution: Mon/Wed/Fri 10am-1 pm	(562) 803-5631
Food Bank of Southern California 1444 San Francisco Ave, Long Beach	Food Distribution: Monday - Friday 7:00am-3:30pm	(562)435-3577
St. Bernard Church Pantry Food 9647 Beach St., Bellflower	Food Distribution: Every Tuesday: 11:00am-1:00pm *Please, get there early to wait in line.	(562) 867-2337
Salvation Army 9644 Cedar St., Bellflower	Food Distribution: Wednesdays at 2pm, must make appointment Must live in Bellflower, Artesia, Paramount, Norwalk, or Cerritos	(562) 804-0808
Bethany Church 17054 Bixby Ave., Bellflower	Food Distribution: Every Tuesday: 2:00pm-3:00pm Limit: One bag per week for each family.	(562) 866-1812
Hawaiian Gardens Food Bank 22121 Norwalk Blvd. Hawaiian Gardens	Food Distribution: Tuesday and Thursday, 10:00am to 3:00pm	Please call first (562) 860-9097
Wednesday		
The Lord's Church 9740 Flower St., Bellflower	Food Distribution: Every 2nd & 4th Wed. at 8:15pm-9:15pm Clothing Distribution: 1st & 3rd Wed 10:00am-12:00pm	(562) 866-8283
Cerritos College 11110 Alondra Blvd., Norwalk	Last Wednesday of each month 9am-11am at Lot 10 College students/locals are served the most in the area. Falconsnest@cerritos.edu	(562)860-2451 Ext. 2494
Thursday		
St. Dominic Savio Church 13400 Bellflower Blvd., Bellflower	Food Distribution: Every Thursday: 8:00am-10:00am *Except Nov. & Dec. moves to 3rd Thursday: 10:00am-11:00am (First come first serve)	(562) 920-7796 https://saintdominicsavio.org/
Calvary Baptist Church 14722 Clark Ave., Bellflower	Recovery Dinner: Friday nights at 6:00pm - \$2.00 Food Pantry: Thursday from 10am- 1pm	(562) 925-3706 https://calvarybellflower.org/
Friday		
Rosewood Church 10115 Rose St., Bellflower	Food Distribution: Every Friday: 3:00pm-4:00pm	(562) 804-4778

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Friday		
Paramount Care Foundation 8206 Alondra Blvd., Paramount	Food Distribution: Every Friday from 8:00 am - 10:00 am	(562) 272-4962
Saturday		
Trinity United Methodist Church 5730 South St., Lakewood	Food Distribution: 10:30am -11:45am (Homeless welcome) Hot meal or sack meal served every 4th Saturday of the month	(562) 867-9892
Journey of Faith 17456 Downey Ave., Bellflower	Food Distribution: "His Table" Breakfast 9:30 am Lunch: 11:30	(562) 634-2910 https://journeyoffaithbellflower.com/
Life Center Church 6022 Candlewood St., Lakewood	Food Distribution: 3rd Saturday of each month 11am-12pm Hot meal will be served. Clothing and toiletries available	(562) 866-9078
The Journey @ Mayfair Church 6150 Bellflower Blvd., Lakewood	Food Distribution: 9:00am-11:00am, 2nd Saturday of the month (Drive thru)	(562) 867-3198
Lakewood First Methodist Church 4300 Bellflower Blvd., Lakewood	Food Distribution: 2nd and 4th Saturdays of the month 9 am to 11 am	(562) 425-1219
Good Shepherd Church 1535 Gundry Ave. Long Beach	Food Distribution: Saturday 8:30am - 10:30am	(562)674-0288
Sunday		
Crossroads Multi-International Church of Nazarene Corner of Norwalk/Del Amo in Cerritos	Food Distribution: Sundays at 8:45am-9:30 am	(562) 809-4143

Government/Utility Assistance		
WIC (Women, Infants and Children) 17610 Bellflower Blvd. Suite a103-a105 Bellflower, 90706	Supplemental Nutrition Services for: Pregnant women, women who just had a baby or recent pregnancy loss, and children up to 5 years of age	(562) 461-9602
CalFresh (Food Stamps) 12727 Norwalk Blvd. Norwalk, 90650	SNAP Program: Apply to get up to \$234 a month per household member on an EBT card. www.calfresh.ca.gov	(562) 807-7840
HEAP- Utility Assistance Home Energy Assistance Program	Utility Assist.: If you qualify, can receive assistance with either your gas or electric bill, in the form of one payment each year www.lbcap.org/menus/energy-assistance-heap.html	(888) 351-4061
Disabled Resource Center 2750 E. Spring St. Suite #100 Long Beach, 90806	Utility Assist.: Assistance with paying electric or gas bill www.drcinc.org	Contact: Mario Rodriguez (562) 427-1000 x114
Burns Community Center Lakewood Project Shepherd 5510 Clark Ave., Lakewood, 90712	Utility Assist.: Mon-Fri: 7:00am-6:00pm Lakewood residents only (Zip Codes 90712 & 90713) One time assistance on electric, gas, water or trash bill	(562) 925-7512
Palms Park Community Center Lakewood Project Shepherd 12305 207th St., Lakewood, 90715	Utility Assist.: Sun-Mon: 3:00pm-6:00pm Lakewood residents only (Zip Code 90715) One time assistance on electric, gas, water or trash bill	(562) 865-6414
One Wish One Need Serving Long Beach area	Food, clothing and school supplies Onewishoneneed.org	(562)271-1830

Updated 10/12/22

NOTE: This list reflects the information available at the time it was compiled by city staff, and is subject to change. Please call to verify before visiting the facility.