



## Food Assistance Resources

### Long Beach Rescue Mission

The **Long Beach Rescue Mission** provides hot meals and is open to the public. Lunch is served Monday through Friday at 12:00 p.m., and dinner is available everyday at 5:30 p.m.

**1335 Pacific Ave.  
Long Beach, CA 90813  
Hours: Monday – Friday  
Phone: (562) 570-3506**

### Long Beach City College Viking Vault

Long Beach City College offers free food resources through the **Viking Vault** at both the TTC and LAC campuses. LBCC students can pick up free groceries and snacks with no limits on how often they visit. The Viking Vault is open during the week from 9:00 a.m. through 4:00 p.m.

**Liberal Arts Campus (LAC)  
4901 E. Carson St.  
Long Beach, CA 90808  
Location: RM B-103  
Hours: Monday – Thursday, 9 AM-4 PM**

**Trades, Tech, and Community Learning Campus (TTC)  
1305 E. Pacific Coast Hwy  
Long Beach, CA 90806  
Location: GG-Cafeteria  
Hours: Tuesday – Thursday 9AM - 4PM**

### Help Me Help You

**Help Me Help You** provides a “Grocery Grab N’ Go” service that offers free quality groceries to families in need across Long Beach. Visit their website for the full schedule and location details.

**Phone: (562) 612-5001  
Email: [info@helpmehelpu.org](mailto:info@helpmehelpu.org)  
[www.helpmehelpu.org/ggng](http://www.helpmehelpu.org/ggng)**



### Women, Infants, and Children Program (WIC)

Provides monthly food coupons, nutrition education, breastfeeding support, and referrals to medical and social services in the community. Provides extensive educational services and counseling in nutrition and breastfeeding. Must meet eligibility criteria to participate.

**1133 Rhea Street**

**Long Beach, CA 90806**

**Hours: Monday - Friday, 8:30 AM - 5:30 PM**

**Phone: (562) 570-4242**

**health-wic@longbeach.gov**