



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
www.helpmehelpu.org/ggng**



Meals on Wheels Long Beach

Meals on Wheels of Long Beach (MOWLB) provides a service of home delivered nutritionally balanced meals for individuals who are unable to shop and cook for themselves and who live alone. Meals are available to all Long Beach area residents, regardless of age. Meals are served Mondays through Fridays and referrals are taken from doctors, hospital staff, social workers, ministers, clients, family or friends. Fill out the client interest form to sign up for meals.

Phone: (562) 439-5000
Fax: (562) 856-7900
Email: info@mowlb.org

Christian Outreach in Action

Christian Outreach in Action offers daily hot meals for anyone, no registration required. Breakfast is served Monday through Saturday at 7:30 a.m., and dinner available Monday through Friday at 4:30 p.m. They also offer a weekday food pantry (closed Wednesday) from 10:00 a.m. - 12:00 p.m.

515 E 3rd St
Long Beach, CA 90802
Phone: (562) 432-1440

Pools of Hope Food Pantry

Pools of Hope Food Pantry is open every Saturday from 11:00 a.m. - 1:00 p.m. giving away free groceries.

6801 Long Beach Blvd
Long Beach, CA 90805
Phone: (310)-537-2224

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

