

# FOOD RESOURCES



Your guide to accessing food at the local, state, and national level.

## 1 USC STUDENT BASIC NEEDS

The Student Basic Needs department fosters a culture of holistic well-being by helping to eliminate life barriers, such as food, housing, and economic injustice, that may jeopardize student academic and personal success.

<https://seip.usc.edu/centers/studentbasicneeds/>

## 2 TROJAN FOOD PANTRY

The Trojan Food Pantry is a collaborative effort involving various campus partners spearheaded by Student Governments (USG & GSG), USC Hospitality and Campus Activities.

<https://campusactivities.usc.edu/trojan-food-pantry/>

## 3 GOOD KARMA CAFE

The Office of Religious Life and the United University Church present The Good Karma Cafe, a pure vegetarian lunch service offered on Tuesdays, Wednesdays, and Thursdays from 12:00PM – 2:00PM at the St. Mark's church.

<https://orsl.usc.edu/programs/goodkarmacafe/>

## 4 SHARE A MEAL

Share A Meal is an organization of people giving back to the Los Angeles community. We come together with other service-minded individuals to serve the less fortunate, with no expectation of receiving anything in return. It is our mission to eradicate selfish living by incorporating selfless service into our daily routine.

<https://www.shareameal.net>

## 5 FREE MEALS AT THE ST. FRANCIS CENTER IN LOS ANGELES

The St. Francis Center provides the homeless with warm meals and sack lunches six days a week through our served meal service and traditional holiday meals.

<https://www.stfranciscenterla.org/detailed-information-on-program-modifications/>

## 6 LOS ANGELES REGIONAL FOOD BANK

Searchable guide to food banks in the Los Angeles region

<https://www.lafoodbank.org/find-food/pantry-locator/>

## 7 CAL FRESH

CalFresh is California's name for SNAP (Supplemental Nutrition Assistance Program), previously known as the "food stamp" program. SNAP is a federal nutrition program that helps people with low incomes buy more food and improve their diets.

<https://www.getcalfresh.org>

## 8 FIND YOUR LOCAL FOOD BANK

Feeding America's searchable site to find the closest foodbank near you.

<https://www.feedingamerica.org/find-your-local-foodbank>

## 9 SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN

WIC saves lives and improves the health of nutritionally at-risk women, infants and children.

<https://www.fns.usda.gov/wic/about-wic-how-wic-helps>

## 10 SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.

<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>