



Due to the federal government shutdown, CalFresh benefits have been delayed.

WHERE TO FIND HELP

If you are looking for food or other types of assistance, here are places you can go:

- Find a LA Regional Food Bank pantry near you:
www.lafoodbank.org/findfood/pantry-locator/
- Call 2-1-1 to speak to someone who can help you find a food pantry in your area or identify other resources that may be available to you
- County parks are offering free food to youth, teens, and seniors:
www.parks.lacounty.gov/lacounty-parks-food-programs/
- Seniors over 60 may be eligible for a free meal at senior centers. For more information, call **1 (800) 510-2020** or visit the Aging & Disabilities Department at:
<https://ad.lacounty.gov/services/community-and-senior-centers/>
- If you are pregnant or postpartum, you may be eligible for WIC benefits. To apply, visit:
www.startwic.org or text “**APPLY**” to **91997**
- If you need tenant protection and foreclosure prevention services, visit the Department of Consumer & Business Affairs at: www.dcba.lacounty.gov to learn more

WAYS YOU CAN HELP

- **Donate money or food** to any food bank or community organization giving out food
- **Start your holiday giving campaigns early** this year
- **Provide gift cards** to people to buy groceries and other necessities
- **Share information** with people about where they can go, if they need assistance

