

# USC Verdugo Hills Hospital

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## FOOD & MEDICATION

These are key components in healthy living. When access is challenged your support network may include family, friends, neighbors, and hired companions. Resources beyond your own network may be needed to maintain access to food and medication. Delivery services provide additional help to meet essential needs.



## FOOD RELIEF

**CalFresh** is a federal program known as Supplemental Nutrition Assistance Program (SNAP) which provides monthly food benefits to low-income individuals & families. CalFresh is for people with low-income who meet federal income eligibility rules and supplements obtaining healthy and nutritious food.

To check eligibility, call (877) 847-3663.

### **Commodity Supplemental Food Program (CSFP)**

provides a monthly package of nutritious essential food items, such as beans, grains, canned fruits and vegetables. For those 60+ with a maximum monthly income of \$1,580 (\$2,137 for 2 members).

Apply online:

<https://www.lafoodbank.org/stories/do-you-qualify-for-csfp/>

## FOOD PANTRIES

Call for food distribution days and times.

### **Catholic Charities of LA – Glendale**

4322 San Fernando Road, Glendale, CA

Mon, Tues, Wed, & Fri

10am to 12pm; 1:15pm to 3:30pm

(213) 318-5707

### **Friends In Deed**

444 East Washington Blvd, Pasadena, CA

Tues & Wed, 10am – 3pm,

Thurs, 10am – 1pm

(626) 797-6072

### **Glendale Central Spanish S.D.A. Church**

901 E. Broadway, Glendale, CA

1st, 3rd Wed 3pm - 5pm

(818) 243-3006

### **Salvation Army**

320 W. Windsor Road, Glendale, CA

Mon, Tues, Wed, Thurs 1 – 3pm

(818) 246-5586

### **Tujunga United Methodist Church**

9901 Tujunga Canyon Blvd, Tujunga, CA

Wed 11am – 1pm

(818) 352-1481

### **Locator:**

#### **Los Angeles Regional Food Bank**

Food bank online locator: [https://](https://www.lafoodbank.org/find-food/pantry-locator/)

[www.lafoodbank.org/find-food/pantry-locator/](https://www.lafoodbank.org/find-food/pantry-locator/)

### GROCERY DELIVERY

Registration is required for services.

#### All Peoples Community Center

Must be 55+ or have a disability and live within 10 mi of 822 E. 20th Street, Los Angeles  
(213) 747-6357

#### Foothill Unity Center

Homebound seniors and persons with disability are eligible for grocery deliveries in Pasadena.  
(626) 584-7420

#### Instacart

A delivery and pickup service that lets you shop for groceries online from your local stores. EBT and SNAP accepted through website and app. Visit [www.instacart.com](http://www.instacart.com) or contact Senior Support Line 1-844-981-3433.

### PHARMACY DELIVERY

Depending on the pharmacy and your insurance, you may be able to get free delivery for prescriptions and medical supplies. Call your local pharmacy or insurance.

#### USC Verdugo Hills Professional Pharmacy

1808 Verdugo Bl., #111, Glendale, CA  
(818) 952-2223

The [USC VHH Community Resource Center for Aging](#) can help, contact us at

**818-949-4033** or

**[aging-resources@med.usc.edu](mailto:aging-resources@med.usc.edu)**.

To learn more, visit: [uscvhh.org](http://uscvhh.org)

### MEAL DELIVERY to HOME

Registration is required for services. Call for more information.

**All Peoples Community Center Senior Food Delivery Program** (serves 55+/people with disabilities within 15 miles of center in LA)  
(213) 747-6357

**Burbank Nutrition Services** (ages 60+ or people with disabilities; Burbank)  
(818) 238-5366

**Glendale Senior Nutritional Home Delivered Meals Program** (ages 60+, homebound; Glendale, La Crescenta, and Montrose)  
(818) 548-3775

**Mexican American Opportunity Foundation** (older adults, people with disabilities, within service area) <https://maof.org/senior-services/meals-dining-centers>  
(323) 473-9851

**Project Angel Food** (life threatening illness or unable to access healthy food)  
(800) 761-8889

**Rapid Response Senior Meals Program** (ages 60+ in City of LA)  
(213) 202-5669

**YWCA – San Gabriel Valley** (ages 60+; San Gabriel Valley, Pasadena)  
(626) 214-9467

**NOTE:** This does not constitute a recommendation or endorsement of these agencies, but can be utilized as a convenience in locating services.