

Food Assistance and Other Resources for Older Adults

COVID-19 INFO LINE
562-570-INFO (4636)
Option 5 for Older Adults
8:00am - 4:30pm, M-F

Prepared Meals Contact agencies directly to confirm services and availability.

Parks, Recreation & Marine Senior Meals

Human Services Association
(H.S.A.) lunches - Must register.
Call 562-570-3520 or visit:
www.hsala.org

Long Beach Senior Center
1150 E. 4th Street

El Dorado Park West
2800 Studebaker Road

Houghton Park at Ramona
3301 E. 65th Street

McBride Park
1550 Martin Luther King Ave.

Other Meal Programs

Silverado Park
1545 W 31st Street
562-570-1675

Expo Senior Center
4321 Atlantic Avenue
562-570-1655
Call for schedule.
No reservation required.

Meals on Wheels
Must complete application
online, by phone or mail.
562-439-5000
www.mowlb.org

Great Plates Delivered
Must be pre-screened.
562-570-4636 option 5

Elderly Nutrition Program

**Workforce Development,
Aging and Community
Services**
Home-delivered meal
program for home-bound
individuals.
1-800-510-2020

Critical Delivery Service

Free delivery of food and other vital items for those aged 60 and over. Your items must be ordered and paid for in advance of requesting delivery.

Call M-F, 8:00am - 5:00pm
to schedule.
1-888-863-7411



Food Resources and Food Banks

Contact agencies directly to confirm services and for other local availability.

Food Finders

Call or visit website for info on food pantry locations
562-283-1400
www.foodfinders.org

Long Beach Rescue Mission

Call for info and schedule
562-591-1292

Salvation Army

Call for info and schedule
562-247-3528

Orange County Food Bank

(Call to register)
Long Beach Senior Center
714-897-6670
4th Saturday at 9:00am

Food Bank of CA: Brown Bag

(Call to register)
Long Beach Senior Center
562-435-3577
1st and 3rd Wed. at 8:00am

CalFresh Benefits

CalFresh EBT cards may now be used to purchase groceries online with select providers.

Call for more information or to apply for benefits.
1-877-847-3663

Other Resources for Older Adults

Friendship Line
1-800-971-0016

Heart of Ida
Delivery, friendly callers,
on-line exercise classes.
562-570-3548

human I-T (low-cost internet)
Text: 562-372-6925
888-391-7249

Independence at Home
Info and referrals to senior
and caregiver programs.
1-866-421-1964

**Jewish Family and
Community Services**
Delivery, friendly callers,
resource referral.
562-427-7916

Long Beach Senior Center
562-570-3500

Long Beach Time Exchange
Face masks
(562) 786-6081

Lutheran Social Services
562-599-1321 ext. 1029

Medication Delivery
Call your local pharmacy to
ask about delivery options
or try these general info lines.

CVS 1-800-237-2767
Walgreens 1-800-797-3345
Walmart 1-800-273-3455
Rite Aid 1-800-748-3243

Mental Health Access
1-800-854-7771

Rental Assistance
Urban Community Outreach
562-582-1000

Tenant Protections
There are new protections to
help keep you from being
evicted because of COVID-19.
The Legal Aid Foundation of
Los Angeles can help.
1-800-399-4529

**The LGBTQ Center
Long Beach**
Social groups, grocery
and essential item delivery,
resource referral, friendly
callers.
562-434-4455

Additional Information

If you are having symptoms such as cough, fever, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat or new loss of taste or smell, call your healthcare provider immediately. If it is a medical emergency, call 911.

You can also call the City of Long Beach COVID-19 hotline **(562) 570-INFO (4636)** to report your symptoms and be referred for testing, if warranted.

The City opened a **Rapid Assessment Clinic** which is a no-cost, walk-in clinic available to individuals who are unable to access their own personal physicians.



Long Beach City College
1305 E. Pacific Coast Highway
10:00am - 4:00pm
7 days a week until further notice

Need more help?

If you need help connecting to a resource or cannot find what you are looking for listed here, please call the City's Older Adult Resource Line:

(562) 570-INFO(4636)
and select **option 5**

Calls will be returned
weekdays from
8:00am - 4:30pm

www.longbeach.gov/COVID19