

## 66th California Assembly District

# CALIFORNIA IS IN NEED OF VOLUNTEERS

TO SEE HOW YOU CAN HELP PLEASE SEE BELOW OR VISIT [CALIFORNIAVOLUNTEERS.CA.GOV](http://CALIFORNIAVOLUNTEERS.CA.GOV) OR CALL (916) 558-3185 FOR MORE INFORMATION

## DELIVER MEALS

- Vulnerable seniors are at greatest risk amid COVID-19. Contact your local Meals on Wheels Organization. For more information visit: [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org) or call 1-888-998-6325

Torrance-Lomita Meals on Wheels  
3525 Maricopa St,  
Torrance, CA 90503  
(310) 542-3434

City of Gardena Senior Citizens Bureau  
1670 W 162nd St,  
Gardena, CA 90247  
(310) 217-9552

Wilmington Jaycees Foundation  
1371 Eubank Ave,  
Wilmington, CA 90744  
(310) 518-4533

The Salvation Army Redondo  
Beach Corps  
125 W Beryl St,  
Redondo Beach, CA 90277  
(310) 318-2827

El Segundo Outreach- Meals on Wheels  
339 Sheldon St,  
El Segundo, CA 90245  
(310) 322-9033

San Pedro Meals On Wheels  
731 S Averill Ave,  
San Pedro, Ca 90723  
(310) 832-7335

## DONATE/VOLUNTEER AT A SHELTER OR FOOD BANK

- During this time organizations are running low on food items. Food banks are also in need of volunteers to help pack and sort food. Precautions are being taken to protect volunteers. Visit California Association of Food Bank: [www.CAfoodbanks.org](http://www.CAfoodbanks.org) or call (510) 272-4435.
- To volunteer with Los Angeles Region Food Bank visit [www.LAfoodbank.org](http://www.LAfoodbank.org) or call (323) 234-3030.

## SUPPORT NONPROFITS

- Nonprofit organizations serving vulnerable communities—like seniors and low-income families need your help.
- To support nonprofits contact your local organizations and ask how you can help.
- Find a fund to donate to nonprofits in your community in the Philanthropy COVID-19 Response Page: <https://www.philanthropyca.org/covid-19-response>

## WELLNESS CHECKS

- Make sure to check on older neighbors with a call, text, or talk in person while practicing social

## CREATE HYGIENE KITS

- Create hygiene kits and drop off at a shelter for people experiencing homelessness to help them stay healthy.