

FOOD, CLOTHING AND SHELTER RESOURCES IN SAN GABRIEL VALLEY AND SURROUNDING AREA

(RECURSOS DE COMIDA, ROPA Y REFUGIO EN EL VALLE DE SAN GABRIEL Y EL AREA CIRCUNDANTE)

Updated March 2026

Primary resource for all requests: 211 Information Hotline (<https://www.211la.org>)

If a family is looking for shelter, refer to 211 and specify requesting an appointment with the *Family Solutions Center*



FOOD (COMIDA)

- **All Saints Episcopal Church** – 626-796-1172; 132 N. Euclid Ave., Pasadena; Free groceries each Monday (Comestibles gratis cada Lunes) 8am-11am
- **Bethel Adventist Church** – 909-630-5883; 1921 N. Garey Ave., Pomona; Free groceries 1st & 3rd Sundays (Comestibles gratis primer y tercer Domingos) 11am-3pm
- **Community Presbyterian Church of El Monte** – 626-448-5403; 4602 Peck Rd., El Monte; Free groceries each Thursday (Comestibles gratis cada Jueves) 2pm-4pm
- **Faith Tabernacle Church** – 626-442-4019; 2144 Tyler Ave., South El Monte; Free groceries each Friday (Comestibles gratis cada Viernes) 10am-12pm
- **First African Methodist Episcopal Church** – 626-798-0503; 1700 N. Raymond Ave., Pasadena; Free groceries 1st & 3rd Fridays (Comestibles gratis primer y tercer Viernes) 9am-12pm
- **First Church of the Nazarene** – 626-351-9631; 3700 E. Sierra Madre Blvd., Pasadena; Free groceries Wednesday (Comestibles gratis Miércoles) 9am-12pm
- **First United Methodist Church** – 626-796-0157; 500 E. Colorado Blvd., Pasadena; Free groceries Tuesday (Comestibles gratis Martes) 10am-12pm
- **Foothill Unity Center Pasadena** – 626-584-7420; 191 N. Oak Ave., Pasadena; Free groceries each Tuesday, Wednesday, & Friday (Comestibles gratis cada Martes, Miércoles, y Viernes) 9am-11:30am
- **Foothill Unity Center Monrovia** – 626-358-3486; 790 W. Chestnut Ave., Monrovia; Free groceries each Tuesday, Wednesday, & Friday (Comestibles gratis cada Martes, Miércoles, y Viernes) 9am-11:30am
- **Friends in Deed** – 626-797-2402; 444 E. Washington Blvd., Pasadena; Free groceries Tuesday and Wednesday 10am-3pm; Thursday 10am-1pm (Comestibles gratis Martes y Miércoles; pan disponible los Jueves)
- **Hill Avenue Grace Lutheran Church** – 626-792-4169; 73 N. Hill Ave., Pasadena; Free groceries Saturday (Comestibles gratis Sabado) 9:30am-11:30am
- **Iglesia de la Comunidad** – 323-257-4352; 115 N. Avenue 53, Los Angeles; Free groceries 1st & 3rd Thursdays (Comestibles gratis primer y tercer Jueves) 10:30am
- **Inland Valley Hope Partners** – 909-622-3806;
 - **Claremont**; 660 N. Mountain Ave.; Free groceries each Tuesday (Comestibles gratis cada Martes) 9am-4pm;
 - **Pomona**; 1753 N. Park Ave. (First Christian Church); Free groceries Monday-Thursday (Comestibles gratis Lunes-Jueves) 9am-3pm
- **Lincoln Avenue Christian Church** – 626-798-9163; 1180 N. Lincoln Ave., Pasadena; Free groceries each Wednesday (Comestibles gratis Miércoles) 10am-12pm
- **Montebello-Commerce YMCA** – 323-887-9622; 2000 W. Beverly Blvd., Montebello;

- Free groceries each Thursday (Comestibles gratis Jueves) 10am-12pm
- **Morning Star Outreach Ministry** – 626-354-3006; 1416 N. Mentor Ave., Pasadena; Free groceries 2nd Saturday 11am-1pm and 4th Saturday 11am-12pm (Comestibles gratis Sabado)
 - **New Life Community Church** – 909-593-5000; 275 E. Foothill Blvd., Pomona; Free groceries Thursdays 2:30pm-5pm and Fridays 10:30am-3pm (Comestibles gratis Jueves y Viernes)
 - **Pasadena Church** – 626-764-2951; 404 E. Washington Blvd., Pasadena; Free groceries each Saturday (Comestibles gratis cada Sabado) 11am-3pm
 - **Pasadena Presbyterian Church** – 626-793-2191; 585 E. Colorado Blvd., Pasadena; Hot meal Thursdays (Comida gratis Jueves) 5pm
 - **Pasadena City College Lancer Pantry** – 626-585-7264; 1570 E. Colorado Blvd., Pasadena; Free groceries Tuesday through Thursday (Comestibles gratis Martes a Jueves) 10am-4pm for PCC students
 - **Pasadena Community Job Center** – 626-440-0122; 500 N. Lake Ave., Pasadena; Free groceries each Friday (Comestibles gratis cada Viernes) 8am-12pm
 - **Pasadena Senior Center** – 626-685-6732; 85 E. Holly St., Pasadena; Free groceries Monday through Friday (Comestibles gratis Lunes a Viernes) 8:30am-4:30pm
 - **Pasadena-Sierra Madre YMCA** – 626-355-5261; 611 E. Sierra Madre Blvd., Sierra Madre; Free groceries each Thursday (Comestibles gratis cada Jueves) 10:30am-12:30pm
 - **Pomona Valley Food Bank** – 626-200-0356; 284 E. Holt Ave., Pomona; Free groceries Monday, Tuesday, and Thursday-Saturday (Comestibles gratis Lunes, Martes, y Jueves-Sabado) 8am-4pm
 - **Saint Andrews Catholic Church** – 626-792-4183; 140 Chestnut St., Pasadena; Senior pantry Wednesday 9:30am-10:30am; Family pantry Saturday 7:30am-10:30am (Comestibles Miércoles y Sabado)
 - **Saint James Episcopal Church** – 626-799-9194; 1325 Monterey Rd., South Pasadena; Free groceries each Friday (Comestibles gratis cada Viernes) 1:30pm-2:30pm
 - **Salvation Army** – 626-529-0503; 960 E. Walnut St., Pasadena; Free groceries Monday, Wednesday & Friday (Comestibles gratis Lunes, Miércoles, y Viernes) 9am-11:30am
 - **Santa Anita Family YMCA** – 626-359-9244; 501 S. Mountain Ave., Monrovia; Free groceries each Thursday (Comestibles gratis cada Jueves) 9:30am-12pm
 - **Trinity Lutheran Church** – 626-792-1212; 997 E. Walnut St., Pasadena; Free groceries each Saturday (Comestibles gratis cada Sabado) 10am-1pm
 - **Union Station Homeless Services** – 626-791-6602; 845 E. Orange Grove Blvd., Pasadena; Contact agency directly for programs and services
 - **Vintage Church** – 626-699-9820; 464 E. Walnut St., Pasadena; Free dinner each Wednesday (Comida gratis cada Miércoles) 4pm Memorial Park-85 E. Holly St., Pasadena [Church in the Park]
 - **Westminster Presbyterian Church** – 626-794-7141; 1757 N. Lake Ave., Pasadena; Free groceries each Saturday (Comestibles gratis cada Sabado) 10am-12pm



CLOTHING (ROPA)

- **First Church of the Nazarene** – 626-351-9631; 3700 E. Sierra Madre Blvd., Pasadena; Free clothing each Wednesday (Ropa gratis cada Miercoles y Jueves) 2pm-4 pm
- **ACTS Thrift Store** – 626-577-4477; 1311 N Altadena Dr, Pasadena; Monday-Saturday 10am-7pm
- **Salvation Army** – 626-773-4404; 1000 E. Walnut St., Suite 102, Pasadena; Clothing Vouchers; 9am-11:30am
- **Friends in Deed** – 626-797-6072; 444 E. Washington Blvd. Norma's Nook, Pasadena; Monday-Thursday 11am-4pm, Friday 9am-12pm



SHELTER (REFUGIO)

- **The Women's Room** – women (mujeres) daytime refuge 626-797-6072; 444 E. Washington Blvd.,

Pasadena; referrals; Monday, Wednesday, and Thursday 1pm-4pm; Tuesday and Friday 9am-12pm;
Showers and Laundry (ducha y lavadora)

- **Pasadena Bad Weather Shelter** – Open on Weather Activated Nights (forecast to be 40 degrees or below or 40% chance of rain or wind) 8pm-8am, December 23-April 15, 2026; Trinity Lutheran Church – 888-915-8111; 997 E. Walnut St., Pasadena
- **Trinity Lutheran Church** – 626-797-2402; 997 E. Walnut St., Pasadena;
Safe parking 9 pm-6am for enrolled individuals living in passenger vehicles
- **Union Rescue Mission** – 213-347-6300; 545 S. San Pedro Ave., LA
- **Union Station Homeless Services** – 626-240-4550; 412 S. Raymond Ave., Pasadena; Intake: Monday-Friday 7:00 am-1:30 pm
- **San Gabriel Valley Center (Emergency Shelter)** – 626-444-9000; 11046 Valley Mall, El Monte
- **Volunteers of America – Pomona Homeless Outreach** – 909-766-1845; 2040 N. Garey Avenue, Pomona;
Family shelter program – Assessments 9 am-5 pm



LIVE-IN PROGRAMS (PROGRAMAS RESIDENCIALES)

- **Ascencia** - families (familias) – 818-246-7900; 1851 Tyburn St., Glendale
- **Door of Hope** - families (familias) – 626-304-9130; 669 N. Los Robles Ave., Pasadena
- **Elizabeth House** – pregnant women (mujeres embarazadas) – 626-577-4434; 760 Santa Barbara St., Pasadena
- **Grandview** – men & women (hombres y mujeres) 626-797-1124; 225 Grandview St., Pasadena
- **Haven House** - women & children (mujeres y niños) – 323-681-2626 hotline; San Gabriel Valley
- **IMPACT** – men & women (hombres y mujeres) 626-798-0884; 1680 N. Fair Oaks Ave., Pasadena
- **Salvation Army** – Adult Rehab Center 626-795-8075; 56 E. Del Mar Blvd., Pasadena
- **The Dream Center** – 213-273-7000; 2301 Bellevue Ave., L.A.
- **San Fernando Valley Rescue Mission** – 818-785-4476; 8756 Canbury Ave., Northridge
- **Hoving Home** - women (mujeres) – 626-405-0950; 127 S. El Molino Ave., Pasadena



HEALTH CARE (ASISTENCIA MÉDICA)

- **CHAP – Community Health Alliance of Pasadena** - 626-993-1221; 455 W. Montana St., Pasadena;
Medical & dental clinic services, call for appointments; fees based on sliding scale, no one refused care
- **Pasadena City College** – 626-585-7241; 1570 E Colorado Blvd., R Building, Room 511, Pasadena; Dental hygiene clinic for a nominal fee (free teeth cleaning for Veterans); by appointment
- **Pasadena Presbyterian Church** – 626-793-2191; 585 E. Colorado Blvd., Pasadena; Azusa Pacific University nursing students provide blood pressure checks, blood sugar checks, elementary wound cleaning and care, and foot washing and care for diabetics during school term
- **Prototypes Healthy Families** – 626-577-2261; 2650 E. Foothill Blvd., Pasadena; Mental health insurance for families (Seguro médico para familias)
- **QueensCare Family Clinics** – (323) 644.6180; Job Center, 500 N Lake Ave., Pasadena;
Parish Nurse each Friday (Enfermera de la parroquia cada viernes) 7:30am-12pm
- **Monrovia Health Center** – 626-256-1600; 330 W. Maple Ave., Monrovia
- **WPCC Women's Pregnancy Care Clinic** – 626-440-9400; 445 N. Lake Ave., Pasadena; pregnancy testing and confirmation ultrasounds; STD testing; Monday 11am-6pm, Wednesday and Friday 9am-4pm
- **Wesley Health Center** – 866-733-5924; 1845 N. Fair Oaks Ave., Pasadena; Medical & Dental Services, TB Testing, HIV Testing, + Small Food Pantry each Friday (cada Viernes) 9am-12pm & 1pm-3pm



OTHER SERVICES (OTROS SERVICIOS)

- **All Saints Episcopal Church** – 626-796-1172; 132 N. Euclid Ave., Pasadena;
Free showers each Monday (Ducha gratis cada Lunes) 9am-1pm
- **Bethel Missionary Baptist Church** – 626-794-3136; 1792 N. Fair Oaks Ave., Pasadena;

Free showers each Monday-Thursday (Ducha gratis Lunes-Jueves) 9am-3pm

- **Center for Community and Family Services, Inc.** – 626-795-7990; 565 N. Rosemead Blvd., Pasadena; Child care/day care
- **Christ Church of the Valley** – 909-592-2282; rent and utility assistance (San Dimas and surrounding)
- **East San Gabriel Valley Coalition for the Homeless** – 626-333-7204; 15701 Hill Street, La Puente; Emergency Assistance Center (meals, showers, hygiene products, referral services and mail service for those without an address) Monday thru Friday 8:30am-1:30pm
- **Goodwill Worksource Center**– 323-558-3811; Contact Bobby May. Employment. Jobs. Preparation
- **Friends Outside / LA County** – 626-795-7607; 261 E. Colorado Blvd, Ste #217, Pasadena; Services incarcerated persons and their families.
- **Hope Center** – (Pacific Clinics) - 626 337-3828; 13001 Ramona Blvd. Suite I, Irwindale; Daily Meals; Laundry, Education, Clothing, Housing Location, Interview Prep Ages 16-25. (Comida diaria, ducha y lavadora; educacion, ropa, busqueda de vivienda; preparacion de entrevista)
- **Housing Rights Center** – 800-477-5977; 1020 N. Fair Oaks Ave., Pasadena
- **Jackie Robinson Center** – 626 744-7300; 1020 Fair Oaks Ave., Pasadena; Utility assistance, legal aid, mental wellness; counseling
- **Job Center Pasadena Community** – 626-440-0112; 500 N. Lake Ave., Pasadena
- **Legal Aid Foundation** – 800-399-4529; 5228 Whittier Blvd., L.A.
- **Neighborhood Legal Services** – 800-433-6251; 1102 East Chevy Chase Drive, Glendale
- **PUSD Families in Transition** – 626-396-3698; 351 S. Hudson, Pasadena; School supplies, school uniforms, registration assistance. (Provisiones de la escuela)
- **Shepherd's Door** – 800-799-SAFE (7233); Domestic violence assistance
- **Sources** – 626-240-4591; Career development and job placement (Desarrollo de carrera y colocación de trabajo)
- **Volunteers of America - Pomona Homeless Outreach** – 909-593-4796; 2040 North Garey Avenue, Pomona; Assistance with moving families into housing and providing housing essentials – Monday-Friday 8:30am-5pm
- **West Covina Community** – 626-918-2005; 415 S. Glendora Ave., Ste F, West Covina; Referrals only
- **WorkSource Center at LATTC** – 213-763-5954; 400 W. Washington Blvd., LA; Jobs.