

FOOD DISTRIBUTION

1

Groceries - Dry, Canned & Fresh Baby Diapers & Wipes
Ready-to-Eat Food Packs of Toiletries
East County Remote Food Distribution Feminine Hygiene Products
Seasonal: Turkeys & Holiday Food Boxes Nutrition Information & Recipes

RESOURCE & REFERRAL

2

General Application Assistance Community Partnerships
Adult Education Workshops Annual Resource Fair
VITA Tax Prep Assistance Everything A - Z
English Language Learning Classes Referrals and Information

HEALTH & WELLNESS

3

Cooking & Nutrition Classes Blood Pressure Checks
Medi-Cal Application Assistance Health Screenings
Wellness Classes Lazarex Cancer Foundation
Health Focus Wellness HUB

YOUTH EDUCATION & EMPOWERMENT

4

Year Round Support from K - 12th College Preparation
After School Tutoring for 1st - 8th Parent Support Groups
Homework Assistance & Enrichment Youth Summer Camp
High School and Beyond Mentoring Backpack Distribution

SENIOR MOMENTS

5

Take Home Groceries Camaraderie and Fun
Nutritious Breakfast Meals Monthly Senior Newsletters
Bilingual BINGO with Prizes Community Education for Seniors
Themed Events & Music Wellness Checks

COMMUNITY ENGAGEMENT

6

High School & College Internships School Service Hours
Pro-Bono Placements Volunteer Opportunities for
Hands-on Training Individual, Corporate, Faith
Health Partnerships Host Drives or Workshops



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For Donation Information:

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For Resources & Workshops:

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For East County Resources

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