

# California Resource Guide

## (Orange County & Los Angeles)

### Orange County

#### **American Diabetes Association Community Education & Latino Initiatives** Diabetes Classes & Support Groups



714-662-7940 Ext. 7558



[www.diabetes.org](http://www.diabetes.org)

#### **Someone Cares Soup Kitchen**



949-548-8861



<https://someonecareskitchen.org/>

#### **Mary's Kitchen | 790 E Debra Lane Anaheim, CA 92805**



949-548-8861



<https://www.maryskitchen.org/>

#### **Second Harvest Food Bank - Food Pantry**



<https://feedoc.org/need-food/#find-food>

#### **Bracken's Kitchen Soup Kitchen | 13941 Nautilus Drive Garden Grove, CA 92805**



714-554-1923



<https://www.brackenskitchen.org/>

#### **Orange County - Healthy Living with Diabetes**

Diabetes Classes & Support Groups - Adults 60 yrs or older



714-480-6450



<https://www.officeonaging.ocgov.com/healthy-aging/community-health-program/>

#### **Latino Health Access - Diabetes Organization**



(714) 988-3346




<https://www.latinohealthaccess.org/chronic-disease-prevention-and-management>

## Los Angeles County

### LA Regional Food Bank


 <https://www.lafoodbank.org/>

### Seeds of Hope LA - Food Pantry


 (213) 482-2040

 <https://www.seedsofhopela.org/food-distribution.html>

### Substance Abuse Prevention and Control (SAPC) of Los Angeles County

 <http://publichealth.lacounty.gov/sapc/index.htm>

### LA County Adult Protective Services

 <http://css.lacounty.gov/programs/adult-protective-services-aps/>

### Latino Diabetes Association

 <https://lda.org/>

## Los Angeles & Orange County

### OC Food Help - Farmers Market

 <https://ocfoodhelp.org/farmers-markets/>

### Food Oasis - Food Pantry

 [foodoasisinfo@hackforla.org](mailto:foodoasisinfo@hackforla.org)

### Help Hope Live - Diabetes Financial Assistance

 800.642.8399

 <https://helphopelive.org/diabetes-financial-assistance>

### How to get a FREE Blood Glucometer (Glucose Meter)

 <https://www.goodrx.com/conditions/diabetes-type-2>

**The NourishedRx team is available to assist you  
Monday - Friday 8am-8pm EST by phone or text at (855) 659-3663  
or email [food@nourishedrx.com](mailto:food@nourishedrx.com)**