

# Los Angeles Harbor College

## Basic Needs Resources

Accessible During COVID-19 Pandemic

## Food & Housing Insecurity

### Harbor Interfaith

Daniel Gonzalez

Dgonzalez@harborinterfaith.org

### CalFresh (Rep)

(323)234-3030 Ext. 169

Conoa@lafoodbank.org

### Local Food Pantry List

[www.auntbertha.com](http://www.auntbertha.com)

### Why Hunger Hotline

1(800) 5-HUNGRY.

### Women, Infants, and Children

(WIC)

Long Beach <http://www.longbeach.gov/health/healthy-living/individual/wic/>

562-570-4242

## Internet & Academic Support

Spectrum & Comcast

(free 2 month support for college students)

Spectrum: 1-844-488-8395

Comcast: 1-855-846-8376

[www.internetessentials.com](http://www.internetessentials.com)

