

Public Benefits

Account Name	Description	Phone	Website	Shipping City
Department of Public Social Services	DPSS provides essential public assistance programs and services to support individuals and families in need, including food benefits, cash aid, and healthcare access.	866-613-3777	https://dpss.lacounty.gov/en.html	
The Women, Infants, and Children Nutrition Program (WIC)	The Women, Infants, and Children Program (WIC) offers free nutrition education and support for pregnant women, new moms, and children up to age 5. WIC helps families eat well, stay active, and stay healthy. Services include prenatal nutrition, breastfeeding support, healthy eating tips, and nutritious recipes. Caregivers like dads, grandparents, and foster parents can also participate. To find a WIC office near you, visit the website or call 1-888-WIC-WORKS (1-888-942-9675). For questions, call 1-800-852-5770.	1-888-942-9675	MyFamily.WIC.ca.gov	
Providence Community Health Insurance Program	We can help you apply and enroll into a free to low-cost health Insurance Program and extra food benefits for your household through Cal Fresh.	818-403-0913	https://www.providence.org/locations/socal/community-health/community-health-insurance-program	
CA Dept of Social Services CALFRESH	CalFresh is California's food assistance program known federally as the Supplemental Nutrition Assistance Program (SNAP) and formerly as food stamps. It provides monthly benefits on an Electronic Benefit Transfer (EBT) card to help low-income individuals and families buy healthy food.	1-877-847-3663	https://www.getcalfresh.org/en/	