

C.A.R.E. Center Food Pantry

2024 Distribution Schedule



1:00 p.m. - 4:00 p.m.

January 5th & 19th

February 2nd & 16th

March 1st & 15th & 29th

April 12th & 26th

May 10th & 24th

June 7th & 21st & 28th

July 12th & 26th

August 9th & 23rd

September 6th & 20th

October 4th & 18th

November 1st & 15th & 22nd

December 6th & 20th

Happy New Year! See you again on January 10, 2025

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



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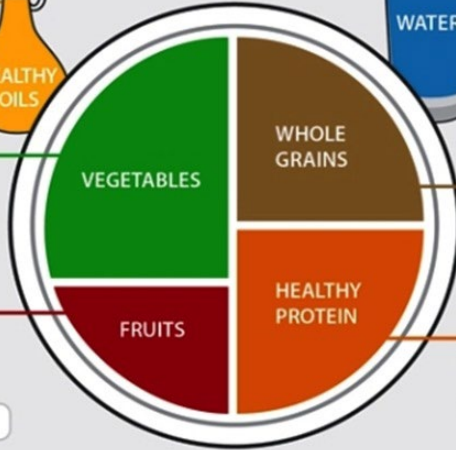
Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



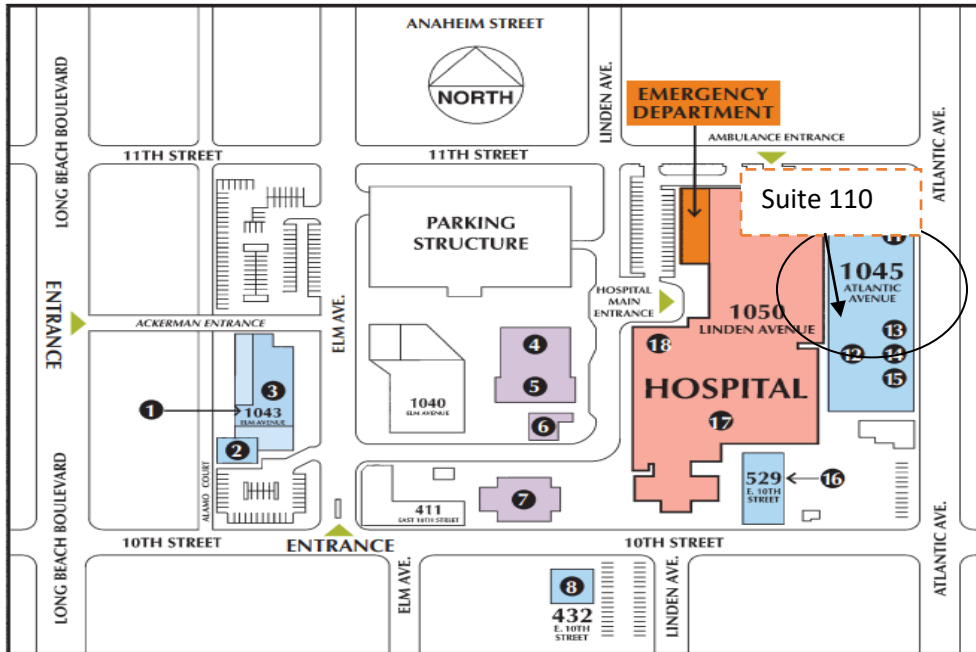
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



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LEGEND

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| 1 C.A.R.E. CLINIC, Suite 300 | 7 HUMAN RESOURCES | 14 LONG BEACH TRAUMA RECOVERY CENTER (CSULB), Suite 801 |
| 2 RADIATION ONCOLOGY | 8 SURGICAL WEIGHT LOSS CENTER/ SENIOR CLINIC | 15 ST. MARY FOUNDATION, Suite 914 |
| 3 MEDICAL MALL PHARMACY | 9 RETAIL PHARMACY | 16 MARY HILTON MOTHER & CHILD CENTER |
| 4 LOW VISION CENTER, 2nd Floor (HEC) | 10 C.A.R.E. PROGRAM, Suite 1016 | 17 NEUROSCIENCE CENTER, 2nd Floor |
| 5 HEALTH ENHANCEMENT CENTER | 11 FAMILIES IN GOOD HEALTH, Suite 705 | 18 ST. MARY CHAPEL |
| 6 BAZZENI SENIOR WELLNESS CENTER/ C.A.R.E. DENTAL | 12 WOMEN'S IMAGING CENTER, Suite 105 | |
| | 13 FAMILY CLINIC OF LONG BEACH, Suite 708 | |