

Nutrition and Physical Activity Programs/Programas de nutrición y actividades

Program/ Programa	Address/ dirección	Zip	Phone/ número	Website or e-mail/sitio o e-mail	Language/ idiomas
Healthy Active Long Beach (HALB)	2525 Grand Avenue	90815	562-570-4364 (Eng) 562-570-4292 (Span)	https://goo.gl/cmSWwS	English, Spanish
Free nutrition workshops and cooking demonstrations; Free exercise programs Talleres gratuitos de nutrición y demostraciones de cocina; Programas de ejercicios gratis					
Long Beach Peace Garden	1133 Rhea Street	90806	562-570-4402	https://goo.gl/SfkkMp	
Free visits and produce tasting Visitas gratuitas y degustación					
The Growing Experience (TGE)	750 Via Carmelitos	90805	562-984-2917	https://goo.gl/jhmuCA or e-mail Jimmy.Ng@HACOLA.org	
Seven-acre local urban farm; Subscribe to purchase affordable fresh produce Siete acres de granja urbana local; Suscríbete para comprar productos frescos (Classes Canceled Temporarily due to COVID-19)					
YMCA Salsa, Sabor y Salud	4949 Atlantic Avenue	90805	562-423-0491	https://goo.gl/k8Gtxx	English, Spanish
Teaches families with children 12 years and under how to make healthier lifestyle choices; encourages entire family participation; 6 weekly group sessions covering how to make healthier food choices and incorporate physical activity into routines Enseña a las familias con niños de 12 años y bajo la forma de tomar decisiones de vida saludables; anima a toda participación de la familia; 6 sesiones de grupo semanales que cubren cómo hacer la elección de alimentos saludables e incorporar la actividad física en las rutinas (Classes Canceled Temporarily due to COVID-19)					
The Children's Clinic (TCC) - Healthy Lifestyles Cooking Class	Trinity Lutheran Church 759 Linden Avenue	90813	562-933-0462	https://goo.gl/f9gU4	Spanish
Free series of four classes for adults, teaching how to cook with low fat and low sugar foods, and more Serie de cuatro clases gratis para adultos, la enseñanza de cómo cocinar con poca grasa y alimentos bajos en azúcar, y mucho más (Classes Canceled Temporarily due to COVID-19)					
Long Beach Department of Parks, Recreation and Marine			562-570-3100	https://goo.gl/SGLe2p	English
<u>After school fitness programs</u> After school programs for children 5-14 years; Activities include games, tournaments and cooking classes; Monday-Friday 3:00-6:00pm - call to confirm Programas escolares para los niños de 5-14 años; Las actividades incluyen juegos, torneos y clases de cocina; De lunes a viernes de 3:00-6:00pm - llamar para confirmar					

<u>Lutheran Social Services of Southern California</u>	1611 Pine Avenue	90813	562-599-1321	https://goo.gl/4NbVfu	English, Spanish
<p>Fitness classes and classes covering chronic illness prevention, nutrition and exercise; all ages welcome; Referral from primary care doctor or provider needed for participation</p> <p>Clases de ejercicio y clases que cubran la prevención de enfermedades crónicas, la nutrición y el ejercicio; Para todas las edades; Consulta de médico de atención primaria o proveedor necesaria para la participación</p>					
<u>Health Net of California, Inc</u>	800-804-6074				
<p>Health education materials and resources on various topics; Home edition 5-week intervention program; Telephonic coaching programs to address concerns, triggers and behaviors; Referral from primary care doctor or provider needed for participation; Health Net Molina members only</p> <p>Materiales educativos y recursos sobre diversos temas; programa casero de intervención 5 semanas; programas de entrenamiento telefónicas para abordar las preocupaciones, y comportamientos; Consulta de médico de atención primaria o proveedor necesaria para la participación; los miembros de Health Net Molina solamente</p>					
<u>T2X</u>	www.t2x.me				English
<p>Free access to teens 13-18 years; Website designed for teens, to education and motivate them to take healthier lifestyle decisions</p> <p>Acceso gratis a los adolescentes de 13-18 años; Sitio web diseñado para los adolescentes, a la educación y motivarles a tomar decisiones más saludables de estilo de vida</p>					
<u>Long Beach Department of Parks, Recreation and Marine - Youth Sports</u>	562-570-1707		www.teamsideline.com/longbeach		English
<p>Organized youth sports at participating parks in Long Beach; Free participation for children 5-14 years</p> <p>Deportes para adolescentes gratis en los parques participantes de Long Beach; Participación gratuita para los niños de 5-14 años</p>					
(Check Website for Schedule changes due to COVID-19 Protocols)					
<u>Beach Community Wellness Program</u>	6301 Myrtle Avenue	90805	562-570-1640	Email: LFCBeach@CSULB.edu	English, Spanish
<p>Free fitness and nutrition classes designed for adults, children are welcome; Seasonal hours, contact for more information</p> <p>Acondicionamiento físico y nutrición diseñados para los adultos gratis, los niños son bienvenidos; horarios de temporada, para obtener más información por favor llame</p>					

Women, Infants, and Children (WIC) Sites

Site/ sitio	Address/ dirección	Zip	Hours/ horas	Contact/ contacto: health-WIC@longbeach.gov
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Health Department WIC Site	2525 Grand Ave.	90815	Monday/Lunes 8:30am-7:00pm, Tuesday/Martes-Friday/Viernes 8:30am-6:00pm some Saturdays/Algunos Sabados 8:30am-12:00pm
West WIC Site	2125 Santa Fe Ave.	90810	Monday/Lunes-Friday/Viernes 8:30-5:00pm
North WIC Site	5166 Atlantic Ave.	90805	Monday/Lunes-Friday/Viernes 8:30-6:00pm
St. Mary WIC Site	1043 Elm Ave., Ste 401	90805	Monday/Lunes-Friday/Viernes 8:30-6:00pm
Central Facilities Center WIC Site	1133 Rhea St.	90806	Monday/Lunes-Friday/Viernes 8:30-5:30pm

Farmers' Markets Programs

CalFresh (formerly known as FoodStamps) <http://www.getcalfresh.org/foodstamps/apply-now>

Scrips or tokens can be spent on any food except hot foods; Go to information booth at market to receive scrips or tokens

[Vales o fichas se pueden gastar en cualquier alimento, comida caliente no esta encluida; puesto de información en el mercado para recibir vales o fichas](#)

Market Match <http://marketmatch.org/>

Receive extra scrips or tokens to purchase only fruits and vegetables; Go to information booth at market to receive scrips or tokens; Offered seasonally - check with particular location for details

[Recibe vales o fichas para comprar sólo frutas y verduras adicionales; Ir al puesto de información en el mercado para recibir vales o fichas; Presentado por temporadas para más detalles hable con ubicación](#)

Senior Farmers' Market Nutrition Program (FMNP) <http://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program-sfmnp>

Receive scrips or tokens to purchase fruits and vegetables; Go to information booth at market to receive scrips or tokens

[Recibe vales o fichas para la compra de frutas y verduras; Ir al puesto de información en el mercado para recibir vales o fichas](#)

Women Infants and Children (WIC) <http://www.fns.usda.gov/wic/women-infants-and-children-wic>

Use WIC food vouchers to purchase certain items

[Use los cupones para alimentos de WIC para comprar ciertos artículos](#)

Farmers' Markets/ Mercados de agricultores

Market/ Mercado	Address/ dirección	Day/ día	Time/ hora
So Cal Farmers	2801 Atlantic Avenue	Tuesday/Martes	9:00am-2:00pm
Local Harvest Bixby Park	130 Cherry Avenue	Tuesday/Martes Saturday/Sabado	3:00pm-8:00pm 9:00am-3:00pm
Marine Stadium	5255 Paoli Way	Wednesday/Miercoles	3:00pm-8:00pm

Uptown Long Beach Bixby Knolls	4600 Atlantic Avenue	Thursday/Jueves	3:00pm-7:00pm (Summer) 2:00pm-6:00pm (Winter)
Harbor Area Downtown Long Beach	475 E. 4 th Street & Promenade	Friday/Viernes	10:00am-2:00pm
Green Acres	5000 E. Spring Street	Sunday/Domingo	8:00am-2:00pm
The Marina	6602 E. Marina Drive	Sunday/Domingo	9:00am-2:00pm

CalFresh (Food Stamp) Application Sites/Sitias de CalFresh (cupones de comida)

Address/dirección	Zip	Contact/contacto	Hours/horas	Languages/idiomas
123 E. 14th Street	90813	213-251-3436	Thursdays 1:30pm-3:00pm	English, Spanish
1150 E 4th Street, Rm 107	90802	562-570-3534	Tuesdays 9:00am-noon	English, Spanish
2525 Grand Avenue, Rm 104	90815	562-570-4315	Thursdays 8:00am-noon	English, Spanish
Los Angeles County Department of Social Services (DPSS) 2961 East Victoria Street Rancho Dominguez, CA	90221	310-603-5172	Monday – Friday 8:00am-5:00pm	English, Spanish