

Eddie's Essentials



Cal State LA Basic Needs Resources

If you are facing challenges with food or housing, you are not alone. These struggles can affect your health, your well-being, and your ability to succeed in class. Eddie's Essentials at Cal State LA is here to support you. We offer help with food security, emergency housing, and financial assistance so you can stay focused on your goals and keep moving toward graduation

On Campus Resources



Food Pantry

The Cal State LA Food Pantry offers free access to nourishing food to all currently enrolled, degree-seeking students who need a little extra support. Whether it's fresh fruits and vegetables, pantry staples, or culturally familiar ingredients, the team is committed to making sure students have access to food every week. Students will have the opportunity to select their food items through an electronic order form that lists our current inventory.

Weekly appointments can be made through Navigate LA, available in the [GETmobile app](#) or [MyCalStateLA portal](#). Reservations can be made up to seven days in advance. Drop-ins are welcome if space is available and staff capacity allows.

Location: U-Student Union, 3rd Floor, Room 308E

Hours: Monday to Thursday, 10 a.m. to 2 p.m.

Can't make these hours or not able to secure an appointment? Sign up for [Food Pantry Express](#), a locker pickup program that offers a convenient way to access food from the pantry at more flexible times **or** the Restaurant Meal Program, [Eddie Eats](#), to access meals on campus.

Point of Contact: Jessica Vera, Basic Needs and Student Support Specialist,
jvera37@calstatela.edu, 323-343-3116

CalFresh Outreach Center

The CalFresh Outreach team supports students in applying for and maintaining their CalFresh benefits. CalFresh is a state program that provides a monthly grocery allowance to low-income households through an EBT card that works like a debit card. Students can use it at most grocery stores and some farmers markets, including the one on campus.

Location: Student Services Building, Room 4380 (4th floor)

Hours: Monday to Friday, 8 a.m. to 5 p.m.

To find out if you qualify, submit the [Pre-Screening Form](#). Our team will follow up within one to three business days to schedule an appointment.

Point of Contact: Jessica Vera, Basic Needs and Student Support Specialist,
jvera37@calstatela.edu, 323-343-3116

Farmers Market

The CalFresh Outreach team hosts a weekly Farmers Market in partnership with Eastmont Community Center to provide the campus community with access to farm-fresh fruits and vegetables while promoting awareness and utilization of CalFresh. CalFresh recipients can use their EBT cards at the market to purchase eligible food items. Students can also access Market Match, a healthy food incentive program that matches up to \$15 of CalFresh benefits.

Location: Main Campus Walkway

Time: Tuesdays from 9 a.m. to 2 p.m.

Point of Contact: Jessica Vera, Basic Needs and Student Support Specialist,
jvera37@calstatela.edu, 323-343-3116.



Emergency Grants

The Office of the Dean of Students offers emergency grants to help students facing unexpected financial crises that may affect their academic success. These grants are meant to supplement existing financial aid.

Location: Student Services Building, Room 4380 (4th floor). To apply, visit the [Emergency Grant Application](#)

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Basic Needs Grant Eligibility Requirements:

- Must be enrolled in at least 3 units in a degree or credential program
- Must have completed the FAFSA or CA Dream Act Application (if eligible)
- Must provide documentation showing urgent financial need due to unexpected circumstances

Additional Requirements for Housing Support:

- Must be enrolled full-time (12 units for undergraduates, 8 for graduate students)
- Must have exhausted financial resources including subsidized loans
- Must be unable to pay housing expenses due to unexpected circumstances

Grant Amounts:

- Emergency Basic Needs Grant: \$500 to \$1000 per school year
- On-Campus Housing Grant: up to \$2000 per school year
- Off-Campus Housing Grant: up to \$2000 per school year

Application Process:

- Submit the online application with supporting documents

- Receive a confirmation message
- Allow 4 to 6 weeks for review after all documents are submitted
- Receive a decision letter by email

Emergency Grant Program Point of Contact: Dr. Frangelo Ayrán, Senior Associate Dean of Students, fayran@calstatela.edu, 323-343-3103.



Emergency Temporary Housing Program

Cal State LA offers short-term housing for up to 14 days to students experiencing homelessness or housing displacement. The program provides a safe place to stay while students work toward securing permanent housing. Placement depends on space availability and individual circumstances.

Location: Student Services Building, Room 4380 (4th floor). To apply, visit the [Emergency Temporary Housing Application](#)

Hours: Monday to Friday, 8 a.m. to 5 p.m.

Eligibility:

- Must be currently enrolled in an undergraduate or graduate degree program
- Must be unhoused due to extenuating circumstances, at risk of eviction, displaced from unsafe housing, or living in a car or on the street
- Must read and sign the Emergency Housing Terms and Conditions

Emergency Temporary Housing Program Point of Contact: Dr. Frangelo Ayrán, Senior Associate Dean of Students, fayran@calstatela.edu, 323-343-3103.

Off-Campus Resources

If you are facing challenges with food or housing, there are resources available in the local community that may be able to help. This list is not exhaustive, and eligibility varies by provider. Some services may be open to the general public, not just students.

Local Off-Campus Housing Resources

- [Safe Parking LA](#) – employs underused parking lots to support those whose only shelter is their vehicle
- [LA Room and Board](#) – supports students experiencing homelessness
- [Jovenes Inc.](#) – supports youth (ages 18-24) experiencing homelessness
- [Youth Moving On](#) –community-based services including mental health
- [Seed House Project](#) – community-based service, education, and connection program
- [Volunteers of America Youth Services Program](#) – housing assistance for those between the ages of 18-24
- [Sunnyside Five Student Housing](#) – supports students experiencing homelessness
- [Trojan Shelter](#) – shelter open to college students ages 18-26, not just USC students.
- [Lutheran Social Services Southern California Housing Counseling](#) - housing counseling services.
- [Los Angeles LGBT Center Housing Resources](#)
- [Campus Peer Navigator](#) (If you are interested in this resource, please email deanofstudents@calstatela.edu so we can submit a referral for you.)
- [211](#): Dial 211 24/7: Helpline for emergency shelter/resources for families in LA County
- Youth Crisis Line: Call or Text 24/7 1-800-843-5200

Local Food Security Resources

- [Food Pantry Locator](#)
- [Los Angeles Community Fridges](#)
- [Food Pantry Community Resource Centers](#)
- [United States Department of Agriculture's Food and Nutrition Service](#)
 - ["SNAP Retail Locator"](#)