

# Healthy Food

## SOUTH L.A. RIDE + WALK

This map of Healthy Food options in South L.A. was created and tested by more than 100 pedestrians and cyclists representing the local community, including Normandie Elementary. Exploring the neighborhood's urban gardens, markets and grocery stores, they scouted safe pedestrian and bike routes.



for more info:  
[WWW.RIDESOUTHLA.COM](http://WWW.RIDESOUTHLA.COM)

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### Legend

GROCERY STORES & MARKETS



COMMUNITY GARDENS



BEST BIKING ROUTES



BEST WALKING ROUTES



Metro Expo Line & stations



Community Organizations





# Healthy Food SOUTH L.A. RIDE + WALK

## MORE INFORMATION AT:

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

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## The best routes to healthy food

**Who is this map for?** Neighbors and visitors alike—anyone who wants to discover hidden spots for healthy food! We've also highlighted some of the best routes for walking and biking to get you there.

**Which routes?** The map emphasizes routes with shade, safe crossings, street lighting, bike lanes, and less traffic. For better biking and walking we avoided routes with crumbling sidewalks, litter, and unsafe crossings.

## Community Market Conversions

A growing number of markets and convenience stores in South L.A. have been "converted" to offer more nutritious food. **Show your support by thanking these merchants and supporting their business!**

**\$1 WAREHOUSE**  
6001 S Vermont  
Los Angeles, CA 90044

**MAMA'S CHICKEN**  
2510 W Slauson  
Los Angeles, CA 90043

**OAK'S JR MARKET**  
2500 W Jefferson  
Los Angeles, CA 90018

**EL AZTECA**  
4031 S Main  
Los Angeles, CA 90037

## COMMUNITY SERVICES UNLIMITED (CSU)

### Mini Urban Farm

3980 S Bill Robertson  
Los Angeles, CA 90037

**Come visit the Urban Farm**, the site of Community Services Unlimited (CSU)'s educational programs, including Garden Gateway which supports the creation of edible home gardens. The food that is grown at this (and other CSU urban farms) is made available in the community through CSU's Produce Stands, Produce Bag Program and store front at the Mercado La Paloma.

**VOLUNTEER DAYS: Tu. 9am-12pm**  
For other volunteer times or to sign up for CSU's Produce Bag Program: [csuinc.org](http://csuinc.org)

## Mercado La Paloma

3655 S Grand, Los Angeles, CA 90007  
[mercadolapaloma.com](http://mercadolapaloma.com)

Converted from a garment factory to a vibrant community market by Esperanza Community Housing. The Mercado hosts small businesses (such as CSU) that create and sell hand made artisan foods and other products.

## TRUST South LA

4331 S Main, Los Angeles, CA 90037  
[trustsouthla.org](http://trustsouthla.org)

Works with South Los Angeles residents to secure new development that meets the needs of working class families, including affordable housing, new local parks and improving pedestrians and bicycle users' safety.

