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
Healthy Food
SOUTH L.A.
RIDE + WALK

MORE INFORMATION AT:
www.RideSouthLA.com /RideSouthLA

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!

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

$1 WAREHOUSE
6001 S Vermont
Los Angeles, CA 90044

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

Mercado La Paloma
3655 S Grand, Los Angeles, CA 90007
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
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.

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.

EXPO PARK
LOS ANGELES SWIM STADIUM

ROSE GARDEN

USC FARMER’S MARKET
Tue. 9am-4pm

FRESH & EASY
3335 S Figueroa

CSU MINI URBAN FARM
At Expo Center
3980 S Bill Robertson

SUPERIOR GROCERS
3129 S Hoover

JEFFERSON

JEFFERSON/USC Station

30TH

USC URBAN GARDEN
3015 Shrine

39TH

VERMONT

TRUST South LA
4331 S Main

BROADWAY

Vernon Station

32ND

Mercado La Paloma
3655 S Grand

30TH

CSU VILLAGE MARKET PLACE
at Mercado La Paloma

39TH

VERMONT

HOOVER

HOOVER

FIGUEROA

GRAND

MARTIN LUTHER KING

VERNON

54TH

SLAUSON

NORMANDIE

BROADWAY

MAIN ST

WASHINGTON

EXPOSITION

110

110

10

M

M

Jefferson/USC Station

481

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