## August 2020 Nutrition Education Calendar

<table>
<thead>
<tr>
<th>Su</th>
<th>Mon</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Attendance at any one of the zoom classes will count for the NOLP nutrition requirement. Asistencia a cualquier evento contará como papeleo nutricional para NOLP</td>
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<tr>
<td>2</td>
<td>3</td>
<td>NOLP Closed</td>
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<td>8</td>
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<tr>
<td>9</td>
<td>10</td>
<td>NOLP Closed</td>
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<tr>
<td>16</td>
<td>17</td>
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<td>22</td>
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<tr>
<td>23</td>
<td>24</td>
<td>NOLP Closed</td>
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<td></td>
<td>29</td>
</tr>
</tbody>
</table>

### 2 August
- **Comamos Insectos** 10:00 - 11:00 AM
- ~~~
- **Let’s Eat Some Bugs** 2:30 - 3:30 PM

### 3 August
- **Aging and Nutrition** 2:30 - 3:30 PM

### 4 August
- **First Friday of the Month NOLP**

### 5 August
- **Comamos Insectos** 10:00 - 11:00 AM
- ~~~
- **Let’s Eat Some Bugs** 2:30 - 3:30 PM

### 6 August
- **Aging and Nutrition** 2:30 - 3:30 PM

### 7 August
- **First Friday of the Month NOLP**

### 8 August
- **What’s Cooking?** 2:30 – 3:30 PM

### 9 August
- **Special Meal Week**
  - This week, in addition to the usual food items, all NOLP clients will receive additional food to create delicious meals.
  - **Manejo del Estrés y la Nutrición** 10:00 – 11:00 am

### 10 August
- **El Envejecimiento y la Nutrición** 2:30 – 3:30 pm

### 11 August
- **YOGA** 10:15 – 11:30 AM

### 12 August
- **Added Sugars** 10:00 – 11:00 AM

### 13 August
- **Let’s Eat Some Bugs** 2:30 - 3:30 PM

### 14 August
- **YOGA** 10:15 – 11:30 AM

### 15 August
- **Azúcares Añadidos** 10:00 - 11:00 AM

### 16 August
- **Nutrient Dense Foods** 10:00 - 11:00 AM
  - ~~~
  - **Alimentos Ricos en Nutrientes** 2:30 - 3:30 PM

### 17 August
- **Azúcares Añadidos** 10:00 - 11:00 AM

### 18 August
- **Nutrient Dense Foods** 10:00 - 11:00 AM
  - ~~~
  - **Alimentos Ricos en Nutrientes** 2:30 - 3:30 PM

### 19 August
- **Azúcares Añadidos** 10:00 - 11:00 AM

### 20 August
- **Nutrient Dense Foods** 10:00 - 11:00 AM
  - ~~~
  - **Alimentos Ricos en Nutrientes** 2:30 - 3:30 PM

### 21 August
- **YOGA** 10:15 – 11:30 AM

### 22 August
- **Azúcares Añadidos** 10:00 - 11:00 AM

### 23 August
- **Nutrient Dense Foods** 10:00 - 11:00 AM
  - ~~~
  - **Alimentos Ricos en Nutrientes** 2:30 - 3:30 PM

### 24 August
- **Azúcares Añadidos** 10:00 - 11:00 AM

### 25 August
- **Nutrient Dense Foods** 10:00 - 11:00 AM
  - ~~~
  - **Alimentos Ricos en Nutrientes** 2:30 - 3:30 PM

### 26 August
- **Azúcares Añadidos** 10:00 - 11:00 AM

### 27 August
- **Nutrient Dense Foods** 10:00 - 11:00 AM
  - ~~~
  - **Alimentos Ricos en Nutrientes** 2:30 - 3:30 PM

### 28 August
- **YOGA** 10:15 – 11:30 AM

### 29 August
- **Azúcares Añadidos** 10:00 - 11:00 AM

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**Key:**
- DGC = David Geffen Center
- LB = Long Beach
- NoHo = North Hollywood
- S Mark Taper, SLA = South Los Angeles

Call Janelle @ 213.474.1188 or email to jlheureux@apla.org or Oscar Romero at 213.474.1067 or oromero@apla.org to reserve a space in the class. Leave your name, phone number and NOLP number if you have one, and the date of the class you plan to attend.
Nutrition Education Options

Client’s participation in *one activity, one time each year* will fulfill the nutrition education requirement for NOLP enrollment. Other options to acquire nutrition paperwork are listed below. The Nutrition requirement may be completed anytime during the time period of March 1, 2020 to February 28, 2021 but must be completed before enrolling or by re-enrollment date.

Classes are conducted via ZOOM. Clients can participate through video conference or telephone call in.

Information about topic, date and time of the classes can be found at:

- APLAHealth.org Nutrition Calendar [https://aplahealth.org/services/nolp-food-pantries-nutrition/](https://aplahealth.org/services/nolp-food-pantries-nutrition/)
- Call Janelle 213.474.1188 or Oscar 213.474.1067

Other options to get the nutrition education confirmation

- Meet with the dietitian, doctor, physician assistant, nurse practitioner or nurse at your medical facility for nutrition education or assessment. The reviewer can use the NOLP Nutrition form or their agency form. Submitted paperwork must include the date of the review or class attended, client’s name and signature, client goals, the agencies name, and printed name, signature and credentials of the reviewer. The nutrition review date must be dated on or after March 1, 2020.
- Bring a copy of the reviewed and signed document to NOLP with your other eligibility paperwork.

**Paperwork necessary to enroll into NOLP. Proof of income and residence needs to be dated within March 1, 2020- February 28, 2021 time frame:**

1. Photo identification (ie: driver’s license, California ID, student ID, bus pass, passport…)
2. Proof of income: ie: SSI awards letter, GR letter, bank statement with SSI or GR auto deposit, check stub, recycling receipt, last year tax return, or complete an affidavit of income.
3. Proof of residency: gas, phone, water, electric bill, or a piece of mail that has the client name, address and date or complete an affidavit of residence. Will accept the SSI or GR letter or bank statement if the address matches current residence. A P.O. Box address is NOT accepted as proof of residency. An affidavit of residency may be completed.
4. Confirmation nutrition; participation in one of the nutrition education options listed above, or copy of assessment/class attended from client’s registered dietitian or doctor.
5. Proof of HIV Diagnosis: Letter signed by physician, diagnosis form signed by MD, PA or NP, or labs results with name of the laboratory and indicating HIV status, CD4 count, HIV Viral load, and type of HIV viral load test performed (within last 12 months).

<table>
<thead>
<tr>
<th>NOLP Site</th>
<th>Address</th>
<th>NOLP site usual shopping hours</th>
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<tbody>
<tr>
<td>The David Geffen Center-Korea Town</td>
<td>611 South Kingsley Dr., 90005</td>
<td>Wednesday &amp; Fridays: 10:30 AM-12:00 noon and 2:00 PM – 5:00 PM Closed the first Friday of the month.</td>
</tr>
<tr>
<td>North Hollywood-San Fernando Valley</td>
<td>7336 Bellaire Avenue, 91605</td>
<td>Thursday: 10:30 AM – 5:00 PM</td>
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<tr>
<td>South Los Angeles</td>
<td>1807 East 120th Street, 90059 (in front of Oasis Clinic)</td>
<td>Thursdays: 10:30 AM - 1:00 PM</td>
</tr>
<tr>
<td>At AIDS Food Store in Long Beach</td>
<td>590 E. Willow St., Long Beach, CA 90806</td>
<td>Tuesdays: Currently 9:00 AM – 2:00 PM open during lunch</td>
</tr>
<tr>
<td>JWCH (Wesley Health Center)</td>
<td>1845 North Fair Oaks Avenue, Pasadena, CA</td>
<td>Fridays: 9:00 AM – 2:00 PM</td>
</tr>
<tr>
<td>Common Ground, at Venice Family Clinic</td>
<td>622 Rose Avenue, Venice, CA 90291</td>
<td>3rd Thursday of the month: 1:00 – 3:00 PM</td>
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<tr>
<td>Foothill AIDS Project</td>
<td>233 W. Harrison Ave., Claremont, CA 91711</td>
<td>2nd &amp; 4th Wednesday of the month: 2:00 PM – 4:00 PM</td>
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<tr>
<td>At JWCH in Lancaster</td>
<td>858 W Jackman Street, Lancaster, CA 93534</td>
<td>1st &amp; 3rd Thursday: 10:00 AM – 2:00 PM</td>
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<tr>
<td>At Project Angel Food</td>
<td>922 Vine Street, Los Angeles, CA 90038</td>
<td>Saturdays: 12:00 – 4:00 PM August 29th will be closed</td>
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<tr>
<td>At JWCH on Vermont</td>
<td>954 N. Vermont, Los Angeles, CA 90029</td>
<td>2nd &amp; 4th Fridays: 10:00 AM – 2:00 PM NEW SITE ADDED</td>
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NOLP site closed Saturday – Monday with the exception of Saturday distribution of food at Project Angel Food site only