Nutrition Support Services

for People with HIV

What are Nutrition Support Services?

Nutrition Support Services provides groceries or cooked meals to ensure people with HIV (PWH) have access to healthy food options. Clients are given access to a registered dietician (RD) who can develop a personalized nutrition plan that considers their unique health needs and improves their overall quality of life.

What is the goal of Nutrition Support Services?

The goal of Nutrition Support Services is to improve and sustain your health, nutrition, food security, and quality of life.

What services can I access through Nutrition Support Services?

Nutrition Support Services include two types of programs:

- Home-delivered meals are provided for PWH who have physical or emotional difficulties related to HIV/AIDS that prevent them from preparing healthy meals for themselves.
- Food bank/pantry services provide food, groceries, nutritional supplements, and other miscellaneous items for PWH.

Where can I access these services?

Agency	Contact	Phone Number	Email Address
APLA Health & Wellness	Eric Zamarippa	(213) 201-1434	ezamarippa@aplahealth.org
Bienestar Human Servies	Brendan O'Connell	(866) 590-6411 x124	boconnell@bienestar.org
Project Angel Food	Randy Pedraja	(323) 845-1810 x246	rpedraja@angelfood.org

How do I access these services?

You can access these services by contacting any of the providers listed above. If you are not already receiving services at one of the listed providers, you may need to confirm that you are eligible for the Ryan White HIV/AIDS Program (RWHAP). They may ask you to provide documentation confirming your HIV diagnosis, current income (if any), health insurance (if any), and that you live in Los Angeles County. Nutrition Support Services are free for those with a qualifying income regardless of immigration status.