

General Information

Housing:

1. When searching for housing and finding a safe area, check out www.crimemapping.com.
<http://www.crimemapping.com/map.aspx?aid=31ab4233-b31d-48e8-86b8-6369bba5179a>
2. For suggestions on where to find housing, please see the Housing Resource Guide.
3. It is to your benefit to apply for renters insurance.

SNAP/Food Stamps:

1. Apply for food stamps prior to the start of your term. Here is the link to the SNAP application:
<https://cafe-cp.dcfsls.gov/selfservice/>
2. You will need your Americorps letter which can be found through your MyAmeriCorps website. Click on your "My Service Letter" tab and choose your current service term. Choose "VISTA Public Benefits Disregard" under Letter Type.
3. In order to qualify for foodstamps, you must have the following:
 - a. You must not have more than \$2250 in resources, including a bank account
 - b. You must fall within maximum net income and maximum gross income standards. As of January 2016, the maximum gross income is \$1,265.
 - c. You must show proof of identity, residence, citizenship, and work registration

Emergencies:

In the event of a hurricane evacuation, LouisianaChildren.org will distribute an evacuation packet to the VISTA members of Louisiana Advocacy Corps, but each member should be familiar with evacuation routes and prepare hurricane emergency kits.

Baton Rouge

Energy Assistance:

[Availability of Low Income Energy Assistance Funds \(LIHEAP\)](#)

The East Baton Rouge/Office of Social Services is announcing the availability of funds dedicated to assist eligible low income households with their energy payments. All applications are taken on a first come, first served basis according to the names on the waiting list. To be placed on the waiting list for assistance, please call on Friday mornings between the hours of 8am and 12 pm (noon) to ...your local Office of Social Services locations. Applications are taken by appointment only. You must be eligible and have not received a previous benefit within the past six months. Centers accepting applications in EBR are: Central Office, 4523 Plank Road, 358-4561, Chaneyville Community Center, 658-9790, Delmont Service Center, 357-5013, Dr. Leo S. Butler Community Center, 389-4814, Dr. Martin L. King Community Center, 389-7679, Jewel J. Newman Community Center, 778-1007, Rural Program, 5736 Rollins Road, 658-7494

<https://brgov.com/arounddet.asp?gid=2294>

Cheap food:

- Lucy's Retired Surfers Bar - \$2 tacos on Tuesday
151 3rd St, Baton Rouge, LA 70801; (225) 361-0372

- Radio Bar - first sunday is free food sunday
3079 Government St, Baton Rouge, LA 70806
- Phil Brady's- \$1 burger monday
4848 Government St, Baton Rouge, LA 70806; (225) 927-3786
- Baton Rouge Farmer's Market (Red Stick Farmers Market) takes SNAP
<http://breada.org/>
They will give you wood coins to use exclusively at the farmers market. For getting the coins they will give you extra coins. Additionally, there is a punch card they give you, when you fill it they give you extra coins.
- Little Caesar's - multiple locations
- Zippy's - 2 for 1 margaritas on Mondays
3155 Perkins Rd, Baton Rouge, LA 70808; (225) 388-9000

Thrift Stores:

- Goodwill
3121 College Drive # D
(225) 926 - 1868
- Goodwill
10778 Coursey Blvd
(225) 295 - 1921
- Goodwill
10350 Burbank Drive
(225) 778 - 5784
- Purple Cow
6586 Jones Creek Road
(225) 751 - 3262
- American Thrift
9526 Cortana Place
(225) 923 - 0010
- St. Vincent de Paul
5621 Government Street
(225) 925 - 5255
- Salvation Army
7361 Airline Hwy, Baton Rouge, LA 70805
(225) 355-4483
- Dirt Cheap
12444 Florida Blvd., Baton Rouge, LA 70815

Low Cost Entertainment

- LSU Art Museum
First Sunday of the Month is free
- Zumba on the Square
- Yoga on the Park
<http://www.visitbatonrouge.com/event/Yoga-in-the-Park/13880>
- Louisiana Art and Science Museum
First Sunday of the Month is free
- Baton Rouge Zoo
Wednesday is \$1.25 from 3-4 p.m. per person. The zoo closes at 5pm.

- TED X LSU (TED Talks)

Bus Passes:

Baton Rouge's bus system, CATS, offers the following fare structure for all routes except the 16 Capital Park Shuttle Route (which is free):

- Adults: \$1.75
- Children under 5: Free with paying adult.
- Senior citizens (age 62 and above) and people with disabilities who show a CATS ID card: \$.35
- Students with valid Student ID Card \$.35
- College students ride free with a valid Southern University, Louisiana State University, Virginia College, BRCC, or Remington College ID.

If exact fare is not paid, "change" will be in the form of a "change card" which can be used for fare on future rides.

Passes

CATS offers the following transit pass options for purchase:

- 31-Day Pass - Unlimited rides for 31 days: \$56.00
- 7-Day Pass - Unlimited rides for 7 days: \$19.00
- 15-Ride Pass - 15 Single Rides only: \$24.50
- 15--Senior/Disabled Ride - 15 Single Rides only: \$5.25
- All Day Pass--Monday-Friday: \$4.00
- All Day Pass--Saturday or Sunday: \$2.00

You can buy CATS passes online and have them mailed to you (5-7 days for delivery). You can also buy them in person at the places listed on their website: <https://www.brcats.com/fares-transfers>

CATS routes and schedules: <https://www.brcats.com/routes-schedules>

The Louisiana State University (LSU) bus system, Tiger Trails, is free to LSU students. Currently, you do not have to present any sort of student ID in order to board the buses though.

The bus routes run mostly around the LSU area and some do not run on university holidays/breaks.

<https://sites01.lsu.edu/wp/tigertrails/category/bus-routes/>

Health Care:

Capital City Family Health Center- Low cost health services (internal medicine, dentistry, reproductive health, etc.) provided on a sliding scale fee 3140 Florida Blvd. Baton Rouge, LA 70806 225-650-2000

Planned Parenthood- Low cost health services for men & women 3995 Government St. Baton Rouge, LA 70806 225-387-1167

Additional Resources:

Baton Rouge Crisis Intervention Center-provides directory assistance to those in need of various resources
225-924-3900

Hammond

Energy assistance:

Local Thrift Stores:

- St. Vincent De Paul
824 N Morrison Blvd, Hammond, LA 70401
(985) 542-8900
- Dirt Cheap
1000 Roma Ave., Hammond, LA 70493
(985) 542-1056
9am-8pm, Mon-Sat

Food Banks:

- Our Daily Bread
1006 W Coleman Ave, Hammond, LA 70403
ourdailybreadhammond.org
(985) 542-4676
Monday, Tuesday & Thursday 8am-2pm

Cheap Foods:

- Taco Tuesday: Tacos and Beer in Downtown Hammond
Plate Lunches:
Berry Town: Different every day 6.99
W Church St, Hammond, LA 70401
berrytownproduce.com
(985) 345-0048
Open now: 8AM-6PM

Houma

Bus Passes: Must have exact change. Phone number is 985-850-4616/

For one ride is \$1.00 and children under 4 is free.

Day pass is \$2.50.

Drivers sell day pass coupons for 5 for \$11.00 or 10 for \$21.00

Senior citizens 65 and over, medicare recipients, and qualifying disabilities are half price for bus passes.

Thrift Stores:

- St. Vincent de Paul Society
107 Point St. Houma LA 70360
985-872-9373
- Houma Thrift Store
6782 W. Park Ave Houma LA 70364

985-991-1264

- Cedar Chest Boutique
6453 W. Main St Houma, LA 70360
985-876-2285
- Goodwill Industries
1750 Martin Luther King Blvd Houma LA 70360
985-223-0748
- DeJa Vu Consignment Boutique
418 Corporate Dr. Houma La 70360
985-262-1260
- The Salvation Army
5539 W Main St Houma, La 70360
985-872-2436
- Evangeline Maid Thrift Store
5801 W Park Ave Houma, LA 70364
985-876-7082

Food Banks:

- Food Bank Houma
254 Magnolia St Houma LA 70360
985-851-5523
- Storm Outreach
130 Morrison Ave Houma LA 70364
985-876-9340
- Terrebonne Parish Consol Government
809 Barrow St. Houma, LA 70360
985-873-6817
- Plymouth Rock Baptist Church
1000 Wallis St Houma, LA 70360
985-876-1768
- Good Samaritan Food Bank
2511 Magnolia St Houma, LA 70360
985-851-5523

New Orleans

Entergy assistance:

- http://entergy-neworleans.com/your_home/help.aspx

Health Care Services:

- Daughters Charity Service of New Orleans
- Take Charge
- Odyssey House Clinic - Medical and Mental Care

Cheap food:

- Bud's Broiler
2008 Clearview Pkwy., Metairie
12pm-12am
- Free red beans and rice - Pal's Lounge, Bank street bar, mary's and micks irish pub
- Fat Harry's
4330 St. Charles Avenue
11-3 am
- Camellia Grill
626 S Carrollton Ave
- Treo
3835 Tulane ave
4pm-12am
- Pizza Delicious
Owned by previous AmeriCorps VISTA member
617 Piety st
11 am - 11 pm
- Juan's Flying Burrito
4724 S. Carrollton Ave
11 am-10 pm
- Milk Bar
710 S Carrollton Ave
11am - 9pm
- Parasol's Bar
2533 Constance St.
11am-9pm

Free Stuff:

- French Quarter Festival each April
- Wednesday at the Square in the Spring
- Frenchmen Street - Most places don't have a cover charge
- Go to The Fly
- Jean Lafitte National Historic Park and Preserve
- Fridays at the Quad
- Tulane Calendar:
<https://tulane.edu/calendar/>
includes Brown Bag Series
- Loyola Calendar
<http://calendar.loyno.edu/>

Thrift Stores:

- Bridge House
- Salvation Army off Jefferson Hwy
- Goodwill off Freret Street
- House Stuff

Transportation:

www.norta.com for buses and street cars

Standard fare: \$1.25/one-way trip + .25 transfers

Most useful for downtown area

Evacuspots are available through <http://www.nola.gov/ready/evacuspots/>

Opelousas

Taxicabs:

- Chris's Taxi
1613 Caddo St.
337-678-1388
- Vincent's Cab
743 S. Academy St.
337-942-3612

Food/Clothing/Shoes:

- Wal-Mart
1629 Creswell Ln
Opelousas, LA
- Super One Foods
2418 S. Union St.
Opelousas, LA
- Save-A-Lot
619 Creswell Ln.
Opelousas, LA
- Cato
1723 Creswell Ln
Opelousas, LA
- Stage Department Store
5621 I-49 S Service Rd.
- Shoe Show
723 Creswell Ln.
- Piggly Wiggly

8410 Hwy 182

Thrift Shops:

- ARC of St. Landry Resale Clothing
166 Oak Tree Park
Sunset, LA
- ARC of Acadiana
710 S. Union St.
Opelousas, LA
- Goodwill
1308 Creswell Lane
Opelousas, LA
- Payless Shoes
924 Creswell
Opelousas, LA

Entertainment:

- St. Landry Cinema
1234 Heather Dr.
337-942-2400
- The Delta Grand
120 S. Market St.
337-407-1806