

New Orleans Community Resources

SCAN THE QR CODE TO FIND NEW ORLEANS AREA
RESOURCES TO HELP SUPPORT A HEALTHY YOU!

TULANE FAMILY MEDICINE CLINIC

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Food Resources:

TooGoodToGo: App providing significant discounts on leftover food from local restaurants

Second Harvest Food Bank: Provides food distribution sites and SNAP application assistance



Transportation Resources:

RTA GoMobile App: App providing discounted rides on public transit, including streetcars and buses

NOLA Ride: Non-Emergency transport for medical reasons



Affordable Medications:

Cost Plus: Mark Cuban's pharmacy offering big discounts

GoodRx: coupons to use at your pharmacy

Walmart 4\$ Prescription Program: affordable medications



Discounted Shopping:

New Orleans Habitat for Humanity ReStore: Affordable home goods and furniture

Red White & Blue Thrift Store: Low-cost clothing and household items



Exercise Resources:

NORDC (New Orleans Recreation Development Comission): Free and low-cost access to gyms, pools, and recreational classes

FitLot New Orleans: Outdoor fitness parks with free workout equipment

