

Meals/Food

<p>Aging and Independence Services</p> <p>9335 Hazard Way Ste. 100 San Diego, Ca. 92123 800-510-2020 or 858-495-5276</p>	<p>AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities. They have food assistance programs. Please call them for more information.</p>
<p>Borrego Springs Senior Center</p> <p>580 Circle J Dr. Borrego Springs, Ca. 92004 760-767-3116</p>	<p>Borrego Springs Senior Center has a food assistance program. Please contact them for more information.</p>
<p>Catholic Charities</p> <p>349 Cedar St. San Diego, Ca. 92101 619-231-2828 ext. 102</p>	<p>Catholic Charities provides immediate need assistance services including food, clothing, shelter referral, and transportation assistance. Information and referral for individuals and families. The Food Resource Center is a free membership program where members shop for food. For more information, please call or visit their website.</p>
<p>Crisis House</p> <p>1034 North Magnolia Ave. El Cajon, Ca. 92020 619-444-1194</p>	<p>Food distribution on following days Monday/Tuesday/Friday. Call for availability. Will need to show picture ID, SS card, child (rends) SS Card, or Medi-Cal, or Birth Certificate. Benefits available twice a year.</p>
<p>Fallbrook Community Project</p> <p>1042 S. Mission Rd. Fallbrook, Ca. 92028 760-728-7608</p>	<p>The community Project provides essential nutritional food and necessary supplies for those in our community who have related needs. Their hours of operation are 9:30am to 12:30pm., Monday through Friday. Please contact them for more information.</p>
<p>Food Stamp Program</p> <p>866-262-9881</p>	<p>The federal Food Stamps Program helps single people and families with little or no income to buy food. To learn if you are eligible, please call or visit the web site for a screening tool.</p>

<p>Gloria E. McClellan Senior Center</p> <p>1400 Vale Terrace Dr. Vista, Ca. 92084 760-639-6160</p>	<p>Gloria E. McClellan Senior Center offers a home-delivered meal service to Vista residents who are over 60 years of age with an illness or disability and/or homebound. The Center also offers a senior nutrition program. Their hours are M-F 8-4pm. Please call Leisa for more information.</p>
<p>Golden State Foods</p> <p>1289 N. Johnson Ave., Ste. 101 El Cajon, Ca. 92020</p> <p>www.goldensharefoods.com</p>	<p>Food ordered from menu at a very discounted rate. Must be ordered at set date monthly and picked up at a location that is convenient for person ordering food. No income requirements.</p>
<p>Holy Trinity Catholic Church</p> <p>405 Ballard St. El Cajon, Ca. 92019 619-444-9426</p>	<p>Food distribution on following days: Mon. /Wed. /Fri., from 10:00-11:00am and Tues. /Thurs., 3:30-4:30pm. Need referral from another agency. Will need to show ID and proof of residence.</p>
<p>Jewish Family Service</p> <p>4825 College Ave. San Diego, Ca. 92115 619-229-2390</p>	<p>Hot kosher meals can be delivered on weekdays to homebound seniors and younger homebound disabled. Frozen meals are also available. Fees are on a sliding scale.</p>
<p>La Mesa Welfare & Thrift Center</p> <p>8340 Lemon Ave. La Mesa, Ca. 91941-5220 619-466-6678</p>	<p>Food Distribution on following days: Monday-Thursday, 10:00-12:00pm and 1:00-2:30pm. Closed Friday, Saturday, and Sunday. La Mesa residents only. Must show proof of residency.</p>
<p>Lakeside Christian Help Center</p> <p>9931 Channel Rd. Lakeside, Ca. 92040 619-561-3488</p>	<p>Food distribution from Monday-Friday 10:00-12:00pm. Lakeside residents only and must show proof of residency.</p>
<p>Mama's Kitchen</p> <p>3960 Home Ave. San Diego, Ca. 92105 619-233-6262</p>	<p>Mama's Kitchen-Critical illness nutrition program reaches out to those in the community who are under the age of 60, who are critically ill, have medical disabilities, or chronic illnesses and who do not have the mental and/or physical capacity to prepare their own meals. Three nutritional meals a day, for every day of the year are prepared and delivered to the client's homes. Eligibility requirements apply.</p>

<p>Meals on Wheels</p> <p>2254 San Diego Ave. Ste. 200 San Diego, Ca. 92110 619-260-6110</p>	<p>Provides two home delivered meals a day to homebound seniors. Meals are delivered Mon.-Sat. Sunday meal is delivered on Sat. Please call for applicable fees for the senior (over age 60) program or for those under 60.</p>
<p>Salvation Army</p> <p>1011 East Main St. El Cajon, Ca. 92020 619-440-4683 ext. 103</p>	<p>Food distribution on following days: Mon. /Tues. 10:00-4:00pm, and Wed./Fri/ 8:30-4:00pm. And Thursday 10:00-12:00pm. Will need to show proof of residency (utility bill, etc.). Picture ID and proof of reason assistance is needed-medical bill, eviction notice, lost job, etc.</p>
<p>San Diego Food Bank</p> <p>9850 Distribution Ave. San Diego, Ca. 92121 858-527-1419</p>	<p>The Food Bank serves those in need by distributing food to individuals, families and a network of other non-profit organizations. Please call for further information.</p>
<p>Santa Sophia Catholic Church</p> <p>9800 San Juan Spring Valley, Ca. 91977</p>	<p>San Diego Food Bank: Mon.-Fri. 4:00-5:00pm. Spring Valley residents only.</p>
<p>Santee Food Bank</p> <p>8824 Cottonwood Ave. Santee, Ca. 92071 619-448-4456</p>	<p>Food distribution on following days: Wed. /Fri 9:00-11:00am, and 1st and 3rd Sat. 9:00-11:00am. Santee residence only. Must show proof of residency. (other areas accepted 1 time per year).</p>
<p>Seventh-Day Adventist Church</p> <p>4207 Spring Gardens Dr. La Mesa, Ca. 91941 619-461-5703</p>	<p>Food distribution on following days: Monday-Thursday from 9:00-12:00pm. Located off Spring St. Bring Social Security Card.</p>
<p>St. Martin's Church</p> <p>7710 El Cajon Blvd. La Mesa, Ca. 619-465-5334</p>	<p>Food distribution on following days: Monday-Friday from 10:00-12:00pm. La Mesa residence only. Bring picture ID and proof of residency.</p>
<p>U.S. Department of Agriculture</p> <p>Food and Nutrition Service Nutrition Assistance Program 800-333-4636 or 202-720-2791</p>	<p>Food and Nutrition service provides children and low income people access to food, a healthful diet, and nutrition education. For more information, please call or visit their web site.</p>

Lemon Grove Community Church 2522 Cuyamaca Ave. Lemon Grove, Ca. 91945 619-466-0504	Food distribution on following days: Monday-Thursday from 8:30-12:30pm. Lemon Grove residence only.
Victory Chapel 4 Square Church 1012 East Bradley El Cajon, Ca. 92021 619-449-6678 or 619-449-3000	Food distribution on following day: Tuesday from 9:00-12:00pm. Bring picture ID, SS card, or Medi-Cal card, or birth Certificate.