



food & meal services

CONTINUING CARE SERVICES

Kaiser Permanente Services

Center for Healthy Living (Nutrition) 619-641-2000

Positive Choice (Weight Management Programs)..... 858-573-0090

Community Services

This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

* Nutrition lunch site for seniors on location

Aging & Independence Services (meal sites and delivery areas).... 800-510-2020
www.sandiego.networkofcare.org/aging/services

Bayside Community Center858-278-0771
www.baysideecc.org

CalFresh Info Line (Supplemental Nutrition Assistance Program) ...877-847-3663
www.cdss.ca.gov/food-nutrition/calfresh

Community Resource Center 760-753-8300
www.communityresourcecenter.org

Emergency Food and Commodities:

Catholic Charities 619-231-2828

Food Bank (USDA commodities)866-350-3663
www.sandiegofoodbank.org

Fresh Fund (Healthy Works)
www.healthyworks.org/healthy-foods/fresh-fund

Salvation Army (* Club 60 senior dining and social centers)

Chula Vista * 619-422-7027

El Cajon * 619-440-4683

Escondido760-745-8616

Lakeside *619-443-2494

Oceanside * 760-631-8212

Emergency Food and Commodities Continued:

Salvation Army

- Pine Valley (serving east rural county)619-473-0165
 - Ray & Joan Kroc Family Resource Center 619-269-1430
 - San Diego Centre City (downtown, serves homeless) 619-699-2200
 - San Diego Citadel * 858-483-1831
 - Santee * 619-200-5593
- www.sandiego.salvationarmy.org

- Helen Woodward Animal Center (Animeals) 858-756-4117
- www.animalcenter.org/programs-services/animeals

Home Delivered Meals and Nutrition Centers (* senior lunch site):

- Carlsbad Senior Center * 760-602-4650
 - Coronado Meals on Wheels 619-522-3800
 - Fallbrook Senior Citizens Center *760-723-9282
 - George H. Waters Nutrition Center (Nat'l City)* 619-336-6752
 - Gloria McClellan Senior Center (Vista) * 760-639-6160
 - JFS College Avenue Center * 858-637-3270
 - Foodmobile 619-229-2390
 - www.jfssd.org (click on services/food assistance) 858-637-3230
 - La Jolla Meals on Wheels * (UTC area 92112, 92037) 858-452-0391
 - Mama's Kitchen (AIDS or cancer patients) 619-233-6262
- www.mamaskitchen.org

Meals-On-Wheels Greater San Diego, Inc.

- Central County619-295-9501
 - East County 619-447-8782
 - North County 760-736-9900
 - South County619-420-2782
- www.meals-on-wheels.org

- Meals with Love (Vista/Oceanside all ages needing assistance) .760-726-1225
- www.vomow.org

- Meals on the Move (MOM home delivered meals) 858-495-5275
 - Mom's Meals NourishCare (3 meal sampler \$17.94) 888-860-9424
- \$5.98/meal, free shipping; diet specific menus: diabetic, heart, renal, etc.
- www.MomsMealsNC.com

- Mountain Health Community Center * (call for info)...(ext 501).. 619-445-6200
- Lunch days: Campo W, Th, F; Descanso W; Alpine, Potrero,
and Dulzura on Th; Pine Valley F. Homebound delivery:
Alpine, Campo, Jacumba, Boulevard and Potrero.
- www.mtnhealth.org

- Neighborhood House Senior Service Ctr * 619-263-2108
- www.neighborhoodhouse.org

- Oceanside Country Club Senior Center * 760-435-5285
 - Poway Senior Center * 858-748-6094
 - Rancho Bernardo Senior Services, Inc. 858-487-2640
 - Serving Seniors (congregate dining *)619-235-6572
- Gary & Mary West Senior Wellness Center, 1525 4th Ave, SD, CA 92101
La Mesa Adult Enrichment Ctr, 8450 La Mesa Blvd., La Mesa, CA 91942

Home Delivered Meals and Nutrition Centers continued:

Lemon Grove Sr. Center, 8235 Mt. Vernon St., Lemon Grove, CA 91945

Potiker City Heights Residence, 4065 43rd St. San Diego, CA 92105

Potiker Family Senior Residence 525 14th St., SD, CA 92101

San Ysidro Sr. Ctr, 125 East Park Blvd., SD, CA 92173

Spring Valley Community Ctr, 8735 Jamacha Blvd, Spring Vly, CA 91977

St. Charles Senior Nutrition Ctr, 945 18th Str., SD, CA 92154

The Springs, 8070 Orange Ave., La Mesa, CA 91941

Verne Goodwin Mira Mesa Sr. Ctr, 8460 Mira Mesa Blvd., SD, CA 92126

www.servingseniors.org

Special Delivery (meals for persons with critical illnesses) 619-297-7373

www.specialdeliverysandiego.com

Shopping Services (grocery shopping service and delivery)

Always Busy Errands 619-813-8273

www.alwaysbusyerrands.com

ElderHelp of San Diego (grocery shopping service)..... 619-284-9281

www.elderhelpofsandiego.org

VONS Online

www.vons.com