



# 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](http://www.sandiego.networkofcare.org/aging/services)

Bayside Community Center .....858-278-0771  
[www.baysideecc.org](http://www.baysideecc.org)

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

Community Resource Center ..... 760-753-8300  
[www.communityresourcecenter.org](http://www.communityresourcecenter.org)

### Emergency Food and Commodities:

Catholic Charities ..... 619-231-2828

Food Bank (USDA commodities) .....866-350-3663  
[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

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

Escondido .....760-745-8616

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](http://www.sandiego.salvationarmy.org)

Helen Woodward Animal Center (Animeals) ..... 858-756-4117

[www.animalcenter.org/programs-services/animeals](http://www.animalcenter.org/programs-services/animeals)

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

Mom's Meals NourishCare (KP contracted vendor) ..... 888-860-9424  
\$5.98/meal, free shipping; diet specific menus: diabetic, heart, renal, etc.

[www.MomsMealsNC.com](http://www.MomsMealsNC.com)

- 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
- Heaven's Windows (Spring Valley) serving the community ..... 877-595-6059

[www.heavenwindows.org](http://www.heavenwindows.org)

JFS College Avenue Center \* ..... 858-637-3270

Foodmobile ..... 619-229-2390

[www.jfssd.org](http://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](http://www.mamaskitchen.org)

Meals-On-Wheels Greater San Diego, Inc.

Central County .....619-295-9501

East County ..... 619-447-8782

North County ..... 760-736-9900

South County .....619-420-2782

[www.meals-on-wheels.org](http://www.meals-on-wheels.org)

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

[www.vomow.org](http://www.vomow.org)

Meals on the Move (MOM home delivered meals) ..... 858-495-5275

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](http://www.mtnhealth.org)

Neighborhood House Senior Service Ctr \* ..... 619-263-2108

[www.neighborhoodhouse.org](http://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

Home Delivered Meals and Nutrition Centers continued:

Gary & Mary West Senior Wellness Center, 1525 4<sup>th</sup> Ave, SD, CA 92101  
La Mesa Adult Enrichment Ctr, 8450 La Mesa Blvd., La Mesa, CA 91942  
Lemon Grove Sr. Center, 8235 Mt. Vernon St., Lemon Grove, CA 91945  
Potiker City Heights Residence, 4065 43<sup>rd</sup> St. San Diego, CA 92105  
Potiker Family Senior Residence 525 14<sup>th</sup> 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 18<sup>th</sup> 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](http://www.servingseniors.org)

Special Delivery (meals for persons with critical illnesses) ..... 619-297-7373  
[www.specialdeliverysandiego.com](http://www.specialdeliverysandiego.com)

Shopping Services (grocery shopping service and delivery)

Always Busy Errands ..... 619-813-8273  
[www.alwaysbusyerrands.com](http://www.alwaysbusyerrands.com)  
ElderHelp of San Diego (grocery shopping service)..... 619-284-9281  
[www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)  
VONS Online  
[www.vons.com](http://www.vons.com)