



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).... 800-339-4661
www.sandiego.networkofcare.org/aging/services

Bayside Community Center858-278-0771
www.baysidecc.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

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

Ray & Joan Kroc Family Resource Center 619-269-1430

Emergency Food and Commodities continued:

Salvation Army

San Diego Centre City (downtown, serves homeless) 619-699-2200

San Diego Citadel * 858-483-1831

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):

Mom's Meals NourishCare (KP contracted vendor) 888-860-9424

\$6.99/meal, free shipping; diet specific menus: diabetic, heart, renal, etc.

www.MomsMealsNC.com

Carlsbad Senior Center * 760-602-4650

Fallbrook Senior Citizens Center * 760-728-4498

George H. Waters Nutrition Center (Nat'l City)* 619-336-6752

<https://www.cityofvista.com/residents/senior-services>

Gloria McClellan Senior Center (Vista) * 760-643-5288

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

www.heavenswindows.org

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 County 619-295-9501

East County 619-447-8782

North County 760-736-9900

South County 619-420-2782

www.meals-on-wheels.org

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

<http://www.mealswithlove.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

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

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

Home Delivered Meals and Nutrition Centers continued:

Oceanside Sr Ctzns Cntr, 455 Country Club Ln., Oceanside, CA 92054

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

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

San Diego Square, 1055 Ninth Ave, San Diego, CA 92126

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

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 (\$25/hr call for details) 619-813-8273

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

www.elderhelpofsandiego.org

VONS Online

www.vons.com

For corrections or additions to this handout, please call (619) 641-4456