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 Center .................................................... 858-278-0771
  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
    Escondido ................................................................. 760-745-8616
    Lakeside * ............................................................... 619-443-2494
    Oceanside * ............................................................. 760-631-8212
    Ray & Joan Kroc Family Resource Center ........................... 619-269-1430

http://continuingcare-sandiego.kp.org
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