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.

* Indicates a senior dining center

Aging & Independence Services (meal sites and delivery areas).... 800-510-2020
  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
  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
    Escondido ............................................................. 760-745-8616
    Lakeside * ........................................................... 619-443-2494
    Oceanside * ......................................................... 760-631-8212

http://continuingcare-sandiego.kp.org
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):
- Alpine Community Center * ................................................................. 619-445-7330
  www.alpinecommunitycenter.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
- 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
  www.vomow.org

Mom’s Meals NourishCare (3 meal sampler $19.95) .................. 888-860-9424
  $5.98/meal, free shipping; diet specific menus: diabetic, heart, renal, etc.
  www.MomsMealsNC.com

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

Oceanside Senior Center – Meals on the Move * .......................... 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
- 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
Home Delivered Meals and Nutrition Centers continued:
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

* Nutrition lunch site for seniors on location.