



food & meal services

CONTINUING CARE SERVICES

Kaiser Permanente Services

- 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 Center858-278-0771
www.baysidecc.org

CalFresh/SNAP Supplemental Nutrition Assistance Program877-847-3663
www.dss.cahwnet.gov/foodstamps

Community Resource Center 760-753-1156
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

<http://continuingcare-sandiego.kp.org>

Emergency Food and Commodities Continued:

Salvation Army

Pine Valley (serving east rural county)	619-473-0165
Ray & Joan Kroc Corps Community 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

Healthy Works (community gardens and classes)

http://www.healthyworks.org/healthy-foods/school-and-community-gardens

Helen Woodward Animal Center..... 858-756-4117

(Animeals, Pet Encounter Therapy)

www.animalcenter.org

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

JFS College Avenue Center * 858-637-3270

Foodmobile 619-229-2390

www.jfssd.org 858-637-3230

La Jolla Meals on Wheels * 858-452-0391

Mama's Kitchen (AIDS or cancer patients) 619-233-6262

www.mamaskitchen.org

McClellan Senior Center (Vista) * 760-639-6160

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 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 Project * 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

Home Delivered Meals and Nutrition Centers continued:

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

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 AIDS/HIV)..... 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

Netgrocer.com

www.netgrocer.com

VONS Online

www.vons.com

* *Nutrition lunch site for seniors on location.*