

FOOD ASSISTANCE: Community Food and Meal Distribution List

CENTRAL		
Bayview Charities	(619) 806-3089	6134 Benson Ave. San Diego, CA 92114
Offers occasional food distribution including fresh fruits and vegetables, when available. Program is open to anyone in need on a first-come-first-serve basis. Third Fridays, 9 AM.		
Church of Nazarene	(619) 516-1000	4101 University Ave. San Diego, CA 92105
Offers food assistance on Tuesdays 3 PM, Thursdays 9 AM, Saturdays, 9 AM.		
Faith Tabernacle	(619) 282-3044	2885 Clay Ave. San Diego, CA 92113
Community food bank is open every day, 9 AM – 4 PM.		
31st Seventh Day Adventist Church	(619) 213-3652	414 S 31st St. San Diego, CA 92113
Fresh produce and bread available for distribution on Wednesdays, 12:30 PM – 2 PM		
New Hope Seventh Day Adventist Church	(619) 263-5660	2420 52nd St San Diego, CA 92105
Offers ongoing food distribution including fresh fruits and vegetables on Saturdays, 1 PM – 3 PM. Program is open to anyone in need on a first-come-first-serve basis.		
Bayside Community Center	(858) 278-0771	2202 Comstock St. San Diego, Ca 92111
Supplemental food distribution available on Tuesdays from 12 PM – 2 PM, and Thursdays from 10 – 12 PM.		
St. Paul's Cathedral	(619) 298-7261	2728 6th Ave. San Diego 92103
Items distributed include canned and boxed food, fresh produce, bread, and hygiene items. Distribution is every third Thursday of the month, 2 PM. Need government-issued ID.		
Sacred Heart Church of Ocean Beach	(619) 687-3720	Sunset Cliff Blvd. San Diego, CA 92107
Offers food assistance every other Tuesday, 5 PM.		
St. Vincent de Paul/ Father Joe's Village	(619)446-2100	1501 Imperial Ave. San Diego, CA 92101
Serves free lunch every day, 11:30 AM – 1 PM		
St. Mark's City Heights	(619) 283-6242	4283 El Cajon Blvd. San Diego, CA 92105
Distributes fresh fruits and vegetables every third Saturday of the month, 9 AM – 11 AM		
Episcopal Church Center	(619)291-5947	2083 Sunset Cliffs Blvd. San Diego, CA 92107
Offers food assistance on Fridays, 9 AM.		
Special Delivery San Diego	(619) 297-7373	4021 Goldfinch St. San Diego, CA 92103
Delivers hot meals to ill or home-bound individuals. Also has a food pantry open by appointment (call ahead) or Mondays – Thursdays, 11:30 AM – 12:30 PM		
MHS Courage to Call	(858) 636-3604	9465 Farnham St. San Diego, CA 92123
Distributes food assistance to vets, active duty, and dependents every other Saturday, 10 AM – 2PM		
Ladle Fellowship	(619) 232-7513	320 Date Street San Diego, CA 92101
Emergency food is distributed, second and fourth Saturday of each month, 8:30 AM-10:00 AM		

EAST

Helping Hand Charities	(619) 937-0197	309 Prescott Ave El Cajon, CA 92020
Offers meals every 2 nd and 4 th Saturday of the month, 10 AM.		
Bethlehem Food Pantry	(619) 517 - 4364	772 S Johnson Avenue El Cajon, CA 92020
Offers a free nutritious dinner on Wednesday nights, 6PM. Food pantry is for low-income individuals and is open by appointment only.		
El Cajon Seventh Day Adventist Church	(619) 444-0763	1630 East Madison Avenue El Cajon, CA 92019
Offers supplemental food packages on Tuesdays, 3:30 PM – 5:30 PM. Individuals must reside in 92019, 92020, Alpine, Campo, Jamul		
Samoa Independent Gospel Church	(619) 251-6834	2055 Skyline Dr. Lemon Grove, CA 91945
Offers hot meals every Monday, 5 PM – 7 PM. Operates Food Pantry open to all Mondays – Fridays, 8 AM – 12 PM. Distributes food to eligible low-income participants through the Emergency Food Assistance Program (EFAP) on the first and last Friday of each month, 9 AM.		
Crosspointe Life Church	(619) 464-3077	8809 La Mesa Blvd La Mesa, CA 91942
Distributes food assistance Tuesdays and Thursdays, 9AM.		
La Mesa Adventist Community Church	(619) 461-5703	4207 Spring Gardens Rd La Mesa, CA 91941
Offers food assistance on Mondays, Tuesdays, and Thursdays, 9 AM– 12 PM. Only for individuals residing in 94941, 91954, 91977, 92119		
New Seasons Church	(619) 463-0725	2300 Bancroft Dr Spring Valley, CA 91977
Offers food distribution on Tuesdays, 9 AM – 11 AM. Also serves hot meals on Wednesdays, 6PM		

SOUTH

South Bay Community Services	(619) 420-3620	Multiple locations Chula Vista, CA 91911 National City, CA 91950
Offers food packages every third Tuesday of the month, 4 PM.		
South Bay Pentecostal Church	(619) 585-0600	395 D Street Chula Vista, CA 91910
Offers ongoing food distribution on a first-come-first-serve, 2 nd Friday of the month, 9 AM		
Congregational Tower RHF		288 F St Chula Vista, CA 91910
Distributes food to eligible low-income participants through the Emergency Food Assistance Program (EFAP) on the Wednesdays and Fridays, 9 AM.		
Paradise Valley Community Center	(619) 267-8990	2701 E 8th Street National City, CA 91950
Distributes bags of primarily produce Tuesdays, 9AM-12PM. Area service is 91950 and surrounding areas: 91950, 92139, 92114, 92113, 92102		

Updated December 2016