



# food & meal services

CONTINUING CARE SERVICES

## Kaiser Permanente Services

Center for Healthy Living (Nutrition) ..... 619-641-2000

Positive Choice (Weight Management Programs)..... 858-616-5600

## 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  
<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/>

Bayside Community Center .....858-278-0771  
[www.baysidecc.org](http://www.baysidecc.org)

CalFresh Info Line (Supplemental Nutrition Assistance Program) ...877-847-3663  
[www.cdss.ca.gov/food-nutrition/calfresh](http://www.cdss.ca.gov/food-nutrition/calfresh)

Community Resource Center ..... 760-753-8300  
<https://crcncc.org/>

### Emergency Food and Commodities:

Catholic Charities ..... 619-231-2828

Food Bank (USDA commodities) ..... 866-350-3663  
[www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

### Salvation Army (\* Club 60 senior dining and social centers)

Chula Vista \* ..... 619-422-7027

East County \* ..... 619-440-4683

Escondido .....760-745-8616

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](http://www.sandiego.salvationarmy.org)

- Helen Woodward Animal Center (Animeals) ..... 858-756-4117
- [www.animalcenter.org/programs-services/animeals](http://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](http://www.MomsMealsNC.com)

- Carlsbad Senior Center \* ..... 442-339-2650

- Fallbrook Senior Citizens Center \* ..... 760-728-4498

- George H. Waters Nutrition Center (Nat'l City)\* ..... 619-336-6752
- Senior Services | National City, CA ([nationalcityca.gov](http://nationalcityca.gov))*

- Gloria McClellan Senior Center (Vista) \* ..... 760-643-5288
- <https://www.cityofvista.com/residents/senior-services>

- Heaven's Windows (Spring Valley) serving the community ..... 619-825-8489
- [www.heavenwindows.org](http://www.heavenwindows.org)

JFS College Avenue Center \*

- Foodmobile ..... 858-637-3210
- [www.jfssd.org](http://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..... 619-233-6262
- [www.mamaskitchen.org](http://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](http://www.meals-on-wheels.org)

- Meals with Love (Vista/Oceanside all ages needing assistance) 760-726-1225
- <http://www.mealswithlove.org/>

- Mickey Cafagna Community Center in Poway\* ..... 858-668-4671
- Meal Program | Poway, CA - Official Website*

- Neighborhood House Senior Service Ctr \* ..... 619-263-2108
- [www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)

Oceanside Country Club Senior Center \* ..... 760-435-5285

San Ysidro Health\* (call for info)..... (ext 4264) 619-478-2384

Mountain Health Community Center (East County Senior Nutrition Program)

Lunch days: Campo *Wed-Friday*; Descanso and Pine Valley *Wed*.

Alpine, Potrero, and Dulzura *Thurs*; Jacumba *Friday*.

Homebound delivery: Alpine, Campo, Jacumba, Boulevard and Potrero.

*East County Senior Nutrition Program | SYHC*

Serving Seniors ..... 619-235-6572

Gary & Mary West Senior Wellness Center, 1525 4<sup>th</sup> Ave, SD, CA 92101

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

Potiker City Heights Residence, 4065 43<sup>rd</sup> St. San Diego, CA 92105

Potiker Family Senior Residence 525 14<sup>th</sup> St., SD, CA 92101

St. Charles Senior Nutrition Ctr, 945 18<sup>th</sup> Str., SD, CA 92154

*www.servingseniors.org*

Amazon Fresh (shop groceries online)

*Amazon Fresh Groceries*

Special Delivery (meals for persons with critical illnesses) ..... 619-297-7373

*www.specialdeliverysandiego.com*

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

*www.elderhelpofsandiego.org*

VONS Online

*www.vons.com*

WalMart

*Food & Online Groceries - Walmart.com*

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