



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 Center858-278-0771
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
<https://crcncc.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

East County * 619-440-4683

Escondido760-745-8616

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

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 * 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)

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

JFS College Avenue Center *

Foodmobile 858-637-3210

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

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/>

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

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 4th Ave, SD, CA 92101

Oceanside Sr Ctzn's 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

St. Charles Senior Nutrition Ctr, 945 18th 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.specialdeliversandiego.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