



**County of San Diego  
Older Californians Nutrition Program  
Home Delivered Meals**

To improve the nutritional health of older adults in San Diego, Aging & Independence Services (AIS) contracts with community partners to provide home delivered meals, for eligible adults. Adults 60 and older who are frail, homebound due to illness or disability, or are otherwise isolated, can ask to have meals delivered to them if they are registered with a County of San Diego nutrition provider that offers this service.

Once a request for a home delivered meal is made, a representative from the nutrition program will visit the older adult to assess the need. Follow up assessments are required on a quarterly basis to ensure the participant still qualifies for the program. All participants will be given an opportunity to contribute to the cost of the meal, however no person will be denied a meal for choosing not to contribute. Contributions are voluntary.

Contact your nearest home delivered meal provider to inquire about eligibility. For more information about nutrition services, call the AIS Call Center at 800-339-4661. For information about other nutrition resources for older adults, please visit [www.211SanDiego.org](http://www.211SanDiego.org).

Region	Meal Provider(s)	Zip Codes Served	Phone Number	Delivery Schedule	# of Meals per Week	Type of Meals Served
North Coastal	City of Carlsbad	92008, 92009, 92010, 92011	442-339-2650	Mon-Fri 10:30am-1:30pm	6	Frozen Dinner
	City of Vista	92083, 92084	760-643-5281	Mon-Fri 10:00am-2:00pm	6	Frozen Lunch
	Serving Seniors	91927, 92008, 92009, 92010, 92011, 92024, 92052, 92054, 92056, 92057, 92058, 92083, 92084, 92085, 92091	619-235-6572	Mon-Fri 10:00am-3:00pm	7	Cold and Frozen Breakfast and Lunch
North Inland	City of Vista	92081	760-643-5281	Mon-Fri 10:00am-2:00pm	6	Frozen Lunch
	Meals on Wheels*	92025, 92026, 92027, 92029, 92064, 92065, 92069, 92078, 92081, 92127, 92128	1-800-573-6467 or 760-736-9900	Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment	7	Frozen Dinner
	Meals on Wheels*	92004	1-800-573-6467 or 760-736-9900	Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment	Determined at Enrollment	Frozen Dinner
	Meals on Wheels*	92028	1-800-573-6467 or 760-736-9900	Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment	Determined at Enrollment	Frozen Dinner

Region	Meal Provider(s)	Zip Codes Served	Phone Number	Delivery Schedule	# of Meals per Week	Type of Meals Served
North Inland	Pacific Educational Facilities Inc.- Ramona	92065, 92036, 92070, 92066, 92086, 92059, 92060, 92061, 92082	760-789-0440	Mon/Wed/Fri or Tue/Thu 9:30am-3:00pm	5	Hot and Frozen Lunch
	Serving Seniors	92025, 92026, 92027, 92028, 92029, 92064, 92069, 92078, 92081, 92127, 92128, 92129	619-235-6572	Mon-Fri 10:00am-3:00pm	7	Cold and Frozen Breakfast and Lunch
North Central	Jewish Family Service of San Diego	92120, 92119, 92124, 92111, 92110, 92117, 92123, 92108, 92037, 92122, 92121, 92130, 92126, 92131, 92037, 92109, 92107, 92106, 92110	858-637-3210	10:30am-1:30pm, Determined at Enrollment	5	Hot and Frozen Lunch
	Mama's Kitchen	92111, 92117, 92121, 92126	619-233-6262	Tue/Fri Time determined at Enrollment	Determined at Enrollment	Cold or Frozen Lunch and Dinner, Regular (DASH), Renal, Low Lactose, Vegetarian, Low Acid
	Meals on Wheels*	92111, 92117, 92122, 92123	1-800-573-6467 or 619-295-9501	Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment	7	Hot or Frozen Dinner
	Serving Seniors	92108, 92110, 92111, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92130, 92131	619-235-6572	Mon-Fri 10:00am-3:00pm	7	Cold and Frozen Breakfast and Lunch
Region	Meal Provider(s)	Zip Codes Served	Phone Number	Delivery Schedule	# of Meals per Week	Type of Meals Served
	Jewish Family Service of San Diego	92102, 92103, 92104, 92105, 92113, 92115, 92116, 92114, 92139	858-637-3210	10:30am-1:30pm, Determined at Enrollment	5	Hot and Frozen Lunches

Region	Meal Provider(s)	Zip Codes Served	Phone Number	Delivery Schedule	# of Meals per Week	Type of Meals Served
Central	Mama's Kitchen	92103, 92104, 92105, 92115, 92116, 92103, 92104, 92105, 92115, 92116	619-233-6262	Tue/Fri Time determined at Enrollment	Determined at Enrollment	Cold or Frozen Lunch and Dinner, Regular (DASH), Renal, Low Lactose, Vegetarian, Low Acid
	Meals on Wheels*	92105, 92113, 92114	1-800-573-6467 or 619-295-9501	Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment	Determined at Enrollment	Hot or Frozen Dinner
	Serving Seniors	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139	619-235-6572	Mon-Fri 10:00am-3:00pm	7	Cold and Frozen Breakfast and Lunch
	San Ysidro Health	91906, 91901, 91905, 91934, 91963, 91931, 91962	619-478-2384	Varies, Determined at Enrollment	7	Hot and Frozen Lunch
	Jewish Family Service of San Diego	91942, 91941, 92020, 91942, 92071, 92040, 92020, 92021, 92019, 92022, 91945, 91977	858-637-3210	10:30am-1:30pm, Determined at Enrollment	5	Hot and Frozen Lunch
East	Mama's Kitchen	91941, 91942, 91977, 91978	619-233-6262	Tue/Fri Time determined at Enrollment	Determined at Enrollment	Cold or Frozen Lunch and Dinner, Regular (DASH), Renal, Low Lactose, Vegetarian, Low Acid
	Meals on Wheels*	91941, 91942, 91977, 91978, 92019, 92020, 92021, 92040, 92071	1-800-573-6467 or 619-447-8782	Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment	Determined at Enrollment	Hot or Frozen Dinner
	Serving Seniors	91941, 91942, 91945, 91977, 91978, 92019, 92020, 92021, 92022, 92040, 92071	619-235-6572	Mon-Fri 10:00am-3:00pm	7	Cold and Frozen Breakfast and Lunch

	Mama's Kitchen	91910, 91911, 91913, 91914, 91915, 91950, 91951	619-233-6262	Tue/Fri Time determined at Enrollment	Determined at Enrollment	Cold or Frozen Lunch and Dinner, Regular (DASH), Renal, Low Lactose, Vegetarian, Low Acid
South	Meals on Wheels*	91902, 91910, 91911, 91913, 91914, 91915, 91950	1-800-573-6467 or 619-420-2782	Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment	Determined at Enrollment	Hot or Frozen Dinner
	Serving Seniors	91902, 91910, 91911, 91913, 91914, 91915, 91932, 91950, 91951, 92154, 92173	619-235-6572	Mon-Fri 10:00am-3:00pm	7	Cold and Frozen Breakfast and Lunch