



County of San Diego Home-Delivered Meal Providers

*For more information about nutrition services supported by the County of San Diego, please contact us via email or call: **800-339-4661**.*

One of the most important elements of good health is nutrition. To improve nutritional health of seniors in our region, Aging & Independence Services provides meals at various seniors dining centers, as well as home-delivered meals to eligible senior individuals in their homes. Through funding from the Older Americans Act, nutritious meals are available for a suggested donation to senior age 60 and above. When meals are available, no senior shall be turned away for inability to donate.

The County's Aging & Independence Services department contracts with community partners to provide home-delivered hot lunches, for eligible adults. Adults 60 and older who are homebound due to illness or disability 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. If appropriate for the program, a hot meal is delivered each week day and frozen meals are provided for the weekends. Meals are made to accommodate the physical needs of the senior. Follow up assessments are required on a quarterly basis to ensure the senior still qualifies for the program. The cost for each meal is a voluntary donation.

Contact your nearest home-delivered meal provider to inquire about eligibility.

Home-Delivered Meal Providers

Contractor	Region	Congregate Site Addresses	Phone number	Home-delivered ZIP codes served
Jewish Family Service	North Central	College Avenue Senior Center 6299 Capri Drive San Diego, CA 92120	858-637-3000 For Home Delivered Meals: (858) 637-3230	91941, 91942, 91945, 92019, 92020, 92021, 92037, 92040, 92064, 92071, 92093, 92106, 92102, 92103, 92104, 92105, 92107, 92108, 92109, 92110, 92111, 92114, 92115, 92116, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92127, 92128, 92129, 92130, 92131, 92139, 92145
Serving Seniors	Central	Gary and Mary West Senior Wellness Center 1525 4th Avenue San Diego, CA 92101	619-235-6572 x3 Congregate / x4 HDM	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139

Contractor	Region	Congregate Site Addresses	Phone number	Home-delivered ZIP codes served
Serving Seniors	Central	City Heights Senior Residence 4065 43rd Street San Diego, CA 92105	619-487-0714	92101, 92102, 92103, 92104, 92113, 92116
Serving Seniors Temporarily Closed	North Central	Mira Mesa Senior Center 8460 Mira Mesa Blvd San Diego, CA 92126	619-487-0714	92126, 92127, 92131
Borrego Springs Youth & Senior Center	East	Borrego Springs Senior Center 580 Circle J Drive Borrego Springs, CA 92004	760-767-3116	92004
Pacific Educational Facilities, Inc.	East	Ramona Senior Center 434 Aqua Lane Ramona, CA 92065	760-789-0440	92036, 92059, 92060, 92061, 92065, 92066, 92070, 92082, 92086
Serving Seniors	South	St. Charles Nutrition Program 945 18th Street San Diego, CA 92154	619-423-2877	91910, 91911, 91913, 91932, 91950, 92154, 92173
Serving Seniors Temporarily Closed	East	Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977	619-337-1425	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
Serving Seniors Temporarily Closed	East	Lakeside Community Center 9841 Vine Street Lakeside, CA 92040	619-337-1425	N/A
San Ysidro Health	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	619-478-5109	91906, 91905
San Ysidro Health	East Rural	Descanso Library 9545 River Drive Descanso, CA 91916	619-478-5109	91931
San Ysidro Health	East Rural	Jacumba Public Library 44505 Old Highway 80 Jacumba Hot Springs, CA 91934	619-478-5109	91934
San Ysidro Health	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	619-478-5109	91963
San Ysidro Health	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	619-478-5109	91901, 91903

Contractor	Region	Congregate Site Addresses	Phone number	Home-delivered ZIP codes served
Meals on Wheels (Greater San Diego)	North	N/A	1-800-573-6467 760-736-9900 (North County)	91901, 91902, 91905, 91906, 91910, 91911, 91913, 91914, 91915, 91916, 91931, 91934, 91935, 91941, 91942, 91950, 91962, 91963, 92003, 92007, 92008, 92009, 92010, 92011, 92019, 92020, 92021, 92024, 92025, 92026, 92027, 92028, 92029, 92040, 92054, 92056, 92057, 92058, 92064, 92069, 92071, 92078, 92081, 92083, 92084, 92096, 92102, 92103, 92104, 92105, 92106, 92107, 92108, 92109, 92110, 92111, 92114, 92115, 92116, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92127, 92128, 92129, 92130, 92131, 92139
Carlsbad, City of	North Coastal	Carlsbad Senior Center 799 Pine Avenue Carlsbad, CA 92008	760-602-4650	92008, 92009, 92010, 92011
Serving Seniors	North Coastal	Oceanside Senior Center 455 Country Club Lane Oceanside, CA 92054	760-435-5285	92054, 92056, 92057, 92058, 92083, 92084
Vista, City of	North Coastal	Gloria G. McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084	760-643-5288	92081, 92083, 92084
Serving Seniors Temporarily Closed	East	Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945	619-337-1425	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
Fallbrook Senior Citizen's Service Club, Inc.	North Inland	Fallbrook Senior Citizen's Service Club 399 Heald Lane Fallbrook, CA 92028	760-723-9282 760-728-4498	92003, 92028
National City, City of	South	George H. Waters Nutrition Center 1415 D Ave National City, CA 91950	619-336-6750	91950

Serving Seniors Temporarily Closed	South	San Ysidro Senior Dining 125 East Park Blvd San Ysidro, CA 92173	619-423-2877	91910, 91911, 91913, 91932, 91950, 92154, 92173
Contractor	Region	Congregate Site Addresses	Phone number	Home-delivered ZIP codes served
Serving Seniors	Central	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	619-487-0714	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139