



County of San Diego Meals for Pick-up and Home Delivery

To improve the nutritional health of seniors in our region, Aging & Independence Services contracts with community partners to provide meals at various locations throughout the County. Generally, nutrition sites offer sit down "congregate" meal services, but **PLEASE NOTE: nutrition sites have temporarily closed all congregate indoor dining to prevent spread of COVID-19. Instead, nutrition sites now offer meal pick-up and many offer home delivery.**

Cost: meals are available to seniors age 60+ for a suggested donation. When meals are available, no senior shall be turned away for inability to donate.

Eligibility: Pick-up meals are available to adults age 60+. Home-delivered meals are available to adults age 60+ who are homebound due to illness or disability and need assistance with activities of daily living. Contact your nearest nutrition site to inquire about eligibility. **PLEASE NOTE: If you do not need assistance with activities of daily living, but you are 65 or older and currently impacted by the Public Health Officer's order to self-quarantine at home, please contact your nearest nutrition site directly to inquire about eligibility and meal availability.**

Details: Meal service information (pick up times, zip codes serviced, etc.) differs for each site, so please contact your nearest site for information or call the AIS Call Center at 800-339-4661 for further assistance. Due to the rapid pace of changes during COVID-19, you may wish to check the capacity of these organizations to provide more meals. To do so, you may search for the site name at 2-1-1's website at www.211SanDiego.org or call the site itself to inquire.

Contractor	Region	Site Address	Phone number	Home-delivered service	Home-delivered ZIP codes served
Jewish Family Service	North Inland	Ed Brown Senior Center 18402 W. Bernardo Dr. San Diego, CA 92127	858-487-9324	No	N/A
Jewish Family Service	Central	Bayside Community Center 2202 Comstock Street San Diego, CA 92111	619-278-0771	No	N/A
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	Yes	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

Contractor	Region	Congregate Site Addresses	Phone number	Home-delivered service	Home-delivered ZIP codes served
Borrego Springs Youth & Senior Center	East	Borrego Springs Senior Center 580 Circle J Drive Borrego Springs, CA 92004	760-767-3116	Yes	92004
Carlsbad, City of	North Coastal	Carlsbad Senior Center 799 Pine Avenue Carlsbad, CA 92008	760-602-4650	Yes	92008, 92009, 92010, 92011
Encinitas, City of	North Coastal	Encinitas Senior Center 1140 Oakcrest Park Drive, Encinitas, CA 92024	760-943-2258 (meal reservations) 760-943-2250 (center)	No	N/A
Escondido, City of	North Inland	Escondido Senior Center 210 Park Avenue Escondido, CA 92025	760-839-4803	No	N/A
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	Yes	92003, 92028
Meals on Wheels (Greater San Diego)	North	N/A	1-800-573-6467 760-736-9900 (North County)	Yes	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
Mountain Health & Community Services, Inc	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	619-478-5109	Yes	91906, 91905
Mountain Health & Community Services, Inc	East Rural	Dulzura Community Center 1136 Community Bldg Rd Dulzura, CA 91917	619-478-5109	No	N/A

Contractor	Region	Congregate Site Addresses	Phone number	Home-delivered service	Home-delivered ZIP codes served
Mountain Health & Community Services, Inc	East Rural	Descanso Library 9545 River Drive Descanso, CA 91916	619-478-5109	Yes	91931
Mountain Health & Community Services, Inc	East Rural	Jacumba Public Library 44505 Old Highway 80 Jacumba Hot Springs, CA 91934	619-478-5109	Yes	91934
Mountain Health & Community Services, Inc	East Rural	Pine Valley Improvement Club 28890 Old Highway 80 Pine Valley, CA 91962	619-478-5109	No	N/A
Mountain Health & Community Services, Inc	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	619-478-5109	Yes	91963
Mountain Health & Community Services, Inc	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	619-478-5109	Yes	91901, 91903
National City, City of	South	MLK Community Center 140 E 12th St National City, CA 91950	619-336-6750	Yes	91950
Serving Seniors Not accepting new referrals at this time.	North Coastal	Oceanside Senior Center 455 Country Club Lane Oceanside, CA 92054	760-435-5285	Yes	92054, 92056, 92057, 92058, 92083, 92084
Pacific Educational Facilities, Inc.	East	Ramona Senior Center 434 Aqua Lane Ramona, CA 92065	760-789-0440	Yes	92036, 92059, 92060, 92061, 92065, 92066, 92070, 92082, 92086
San Marcos, City of	North Inland	San Marcos Senior Center 111 Richmar Avenue San Marcos, CA 92069	760-744-1811	No	N/A
Serving Seniors Not accepting new referrals at this time.	East	Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945	619-337-1425	Yes	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
Serving Seniors Temporarily Closed- Alternate Site: Lemon Grove (see above for site location address)	East	Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977	619-337-1425	Yes	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
Serving Seniors Not accepting new referrals at this time.	East	La Mesa Adult Enrichment Center 8450 La Mesa Blvd La Mesa, CA 91941	619-337-1425	Yes	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
Serving Seniors Not accepting new referrals at this time.	South	St. Charles Nutrition Program 945 18th Street San Diego, CA 92154	619-423-2877	Yes	91910, 91911, 91913, 91932, 91950, 92154, 92173

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Serving Seniors Not accepting new referrals at this time.	South	San Ysidro Senior Dining 125 East Park Blvd San Ysidro, CA 92173	619-423-2877	Yes	91910, 91911, 91913, 91932, 91950, 92154, 92173
Serving Seniors Not accepting new referrals at this time.	Central	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	619-487-0714	Yes	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139
Serving Seniors Not accepting new referrals at this time.	Central	Gary and Mary West Senior Wellness Center 1525 4th Avenue San Diego, CA 92101	619-235-6572 x3 Congregate / x4 HDM	Yes	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139
Serving Seniors Not accepting new referrals at this time.	Central	City Heights Senior Residence 4065 43rd Street San Diego, CA 92105	619-487-0714	Yes	92101, 92102, 92103, 92104, 92113, 92116
Serving Seniors Not accepting new referrals at this time.	North Central	Mira Mesa Senior Center 8460 Mira Mesa Blvd San Diego, CA 92126	619-487-0714	Yes	92126, 92127, 92131
Serving Seniors Not accepting new referrals at this time.	Central	San Diego Square 1055 Ninth Avenue San Diego, CA 92101	619-487-0733	Yes	92101
The Salvation Army	South	The Salvation Army, Chula Vista 648 Third Avenue Chula Vista, CA 91910	619-498-0298	Yes	91902, 91910, 91911, 91913, 91914, 91915
The Salvation Army	East	The Salvation Army, El Cajon 1011 East Main Street El Cajon, CA 92021	619-440-2457 x413	Yes	92019, 92020, 92021
Serving Seniors Not accepting new referrals at this time.	East	Lakeside Community Center 9841 Vine Street Lakeside, CA 92040	619-337-1425	No	N/A
The Salvation Army	Central	The Salvation Army, SD Center City 825 Seventh Ave San Diego, CA 92101	619-699-2212	No	N/A
The Salvation Army	Central	The Salvation Army, Central 4170 Balboa Avenue San Diego, CA 92117	858-483-1831	Yes	92102, 92104, 92105, 92111, 92117, 92123
The Salvation Army	North Coastal	The Salvation Army, Oceanside 3935 Lake Blvd Oceanside, CA 92056	760-207-7918	No	N/A
Vista, City of	North Coastal	Gloria G. McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084	760-643-5288	Yes	92081, 92083, 92084