



## 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 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](http://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<br>18402 W. Bernardo Dr.<br>San Diego, CA 92127  | 858-487-9324  | No                     | N/A   |
| Jewish Family Service | Central       | Bayside Community Center<br>2202 Comstock Street<br>San Diego, CA 92111 | 619-278-0771  | No                     | N/A   |
| Jewish Family Service | North Central | College Avenue Senior Center<br>6299 Capri Drive<br>San Diego, CA 92120 | 858-637-3000<br>For Home<br>Delivered<br>Meals:<br>(858) 637-3230 | Yes                    | 91941, 91942, 91945,<br>92019, 92020, 92021,<br>92037, 92040, 92064,<br>92071, 92093, 92106,<br>92102, 92103, 92104,<br>92105, 92107, 92108,<br>92109, 92110, 92111,<br>92114, 92115, 92116,<br>92117, 92119, 92120,<br>92121, 92122, 92123,<br>92124, 92126, 92127,<br>92128, 92129, 92130,<br>92131, 92139, 92145 |

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|--|---------------|--|---|------------------------|---|
| <b>Borrego Springs Youth &amp; Senior Center</b>     | East          | Borrego Springs Senior Center<br>580 Circle J Drive<br>Borrego Springs, CA 92004 | 760-767-3116  | Yes                    | 92004   |
| <b>Carlsbad, City of</b>                             | North Coastal | Carlsbad Senior Center<br>799 Pine Avenue<br>Carlsbad, CA 92008                  | 760-602-4650  | Yes                    | 92008, 92009, 92010, 92011  |
| <b>Encinitas, City of</b>                            | North Coastal | Encinitas Senior Center<br>1140 Oakcrest Park Drive,<br>Encinitas, CA 92024      | 760-943-2258<br>(meal reservations)<br>760-943-2250<br>(center) | No                     | N/A   |
| <b>Escondido, City of</b>                            | North Inland  | Escondido Senior Center<br>210 Park Avenue<br>Escondido, CA 92025                | 760-839-4803  | No                     | N/A   |
| <b>Fallbrook Senior Citizen's Service Club, Inc.</b> | North Inland  | Fallbrook Senior Citizen's Service Club<br>399 Heald Lane<br>Fallbrook, CA 92028 | 760-723-9282<br>760-728-4498                                    | Yes                    | 92003, 92028  |
| <b>Meals on Wheels (Greater San Diego)</b>           | North         | N/A  | 1-800-573-6467<br>760-736-9900<br>(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 |
| <b>Mountain Health &amp; Community Services, Inc</b> | East Rural    | Mountain Empire Community Center<br>976 Sheridian Road<br>Campo, CA 91906        | 619-478-5109  | Yes                    | 91906, 91905  |
| <b>Mountain Health &amp; Community Services, Inc</b> | East Rural    | Dulzura Community Center<br>1136 Community Bldg Rd<br>Dulzura, CA 91917          | 619-478-5109  | No                     | N/A   |

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| Mountain Health & Community Services, Inc   | East Rural    | Descanso Library<br>9545 River Drive<br>Descanso, CA 91916                      | 619-478-5109 | Yes                    | 91931   |
| Mountain Health & Community Services, Inc   | East Rural    | Jacumba Public Library<br>44505 Old Highway 80<br>Jacumba Hot Springs, CA 91934 | 619-478-5109 | Yes                    | 91934   |
| Mountain Health & Community Services, Inc   | East Rural    | Pine Valley Improvement Club<br>28890 Old Highway 80<br>Pine Valley, CA 91962   | 619-478-5109 | No                     | N/A   |
| Mountain Health & Community Services, Inc   | East Rural    | Potrero Library<br>24883 Potrero Valley Road<br>Potrero, CA 91963               | 619-478-5109 | Yes                    | 91963   |
| Mountain Health & Community Services, Inc   | East Rural    | Alpine Community Center<br>1830 Alpine Blvd<br>Alpine, CA 91901                 | 619-478-5109 | Yes                    | 91901, 91903  |
| National City, City of  | South         | MLK Community Center<br>140 E 12th St<br>National City, CA 91950                | 619-336-6750 | Yes                    | 91950   |
| Serving Seniors   | North Coastal | Oceanside Senior Center<br>455 Country Club Lane<br>Oceanside, CA 92054         | 760-435-5285 | Yes                    | 92054, 92056, 92057, 92058, 92083, 92084                      |
| Pacific Educational Facilities, Inc.  | East          | Ramona Senior Center<br>434 Aqua Lane<br>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<br>111 Richmar Avenue<br>San Marcos, CA 92069          | 760-744-1811 | No                     | N/A   |
| Serving Seniors   | East          | Lemon Grove Senior Center<br>8235 Mt. Vernon St.<br>Lemon Grove, CA 91945       | 619-235-6572 | Yes                    | 92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021        |
| Serving Seniors<br>Temporarily Closed-<br>Alternate Site:<br>Lemon Grove<br>(see above for site location address) | East          | Spring Valley Community Center<br>8735 Jamacha Blvd<br>Spring Valley, CA 91977  | 619-235-6572 | Yes                    | 92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021        |
| Serving Seniors   | East          | La Mesa Adult Enrichment Center<br>8450 La Mesa Blvd<br>La Mesa, CA 91941       | 619-235-6572 | Yes                    | 92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021        |
| Serving Seniors   | South         | St. Charles Nutrition Program<br>945 18th Street<br>San Diego, CA 92154         | 619-235-6572 | Yes                    | 91910, 91911, 91913, 91932, 91950, 92154, 92173               |

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| <b>Serving Seniors</b>    | South            | San Ysidro Senior Dining<br>125 East Park Blvd<br>San Ysidro, CA 92173                 | 619-235-6572         | Yes                    | 91910, 91911, 91913,<br>91932, 91950, 92154,<br>92173                         |
| <b>Serving Seniors</b>    | Central          | Potiker Family Senior<br>Residence<br>525 14th Street<br>San Diego, CA 92101           | 619-235-6572         | Yes                    | 92101, 92102, 92103,<br>92104, 92105, 92113,<br>92114, 92115, 92116,<br>92139 |
| <b>Serving Seniors</b>    | Central          | Gary and Mary West Senior<br>Wellness Center<br>1525 4th Avenue<br>San Diego, CA 92101 | 619-235-6572         | Yes                    | 92101, 92102, 92103,<br>92104, 92105, 92113,<br>92114, 92115, 92116,<br>92139 |
| <b>Serving Seniors</b>    | Central          | City Heights Senior Residence<br>4065 43rd Street<br>San Diego, CA 92105               | 619-235-6572         | Yes                    | 92101, 92102, 92103,<br>92104, 92113, 92116                                   |
| <b>Serving Seniors</b>    | North<br>Central | Mira Mesa Senior Center<br>8460 Mira Mesa Blvd<br>San Diego, CA 92126                  | 619-235-6572         | Yes                    | 92126, 92127, 92131   |
| <b>Serving Seniors</b>    | Central          | San Diego Square<br>1055 Ninth Avenue<br>San Diego, CA 92101                           | 619-235-6572         | Yes                    | 92101   |
| <b>The Salvation Army</b> | South            | The Salvation Army, Chula<br>Vista<br>648 Third Avenue<br>Chula Vista, CA 91910        | 619-498-0298         | Yes                    | 91902, 91910, 91911,<br>91913, 91914, 91915                                   |
| <b>The Salvation Army</b> | East             | The Salvation Army, El Cajon<br>1011 East Main Street<br>El Cajon, CA 92021            | 619-440-2457<br>x413 | Yes                    | 92019, 92020, 92021   |
| <b>Serving Seniors</b>    | East             | Lakeside Community Center<br>9841 Vine Street<br>Lakeside, CA 92040                    | 619-235-6572         | No                     | N/A   |
| <b>The Salvation Army</b> | Central          | The Salvation Army, SD Center<br>City<br>825 Seventh Ave<br>San Diego, CA 92101        | 619-699-2212         | No                     | N/A   |
| <b>The Salvation Army</b> | Central          | The Salvation Army, Central<br>4170 Balboa Avenue<br>San Diego, CA 92117               | 858-483-1831         | Yes                    | 92102, 92104, 92105,<br>92111, 92117, 92123                                   |
| <b>The Salvation Army</b> | North<br>Coastal | The Salvation Army, Oceanside<br>3935 Lake Blvd<br>Oceanside, CA 92056                 | 760-207-7918         | No                     | N/A   |
| <b>Vista, City of</b>     | North<br>Coastal | Gloria G. McClellan Senior<br>Center<br>1400 Vale Terrace Drive<br>Vista, CA 92084     | 760-643-5288         | Yes                    | 92081, 92083, 92084   |