



**County of San Diego
Home-Delivered Meals**

To improve the nutritional health of seniors in our region, Aging & Independence Services contracts with community partners to provide home-delivered meals throughout the County. **PLEASE NOTE: In response to COVID-19, nutrition sites will continue home-delivery to existing clients, and are working hard to meet increasing demand and serve as many new clients as possible.**

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: 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. 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, a hot meal is delivered each week day and frozen meals are provided for the weekends. Quarterly follow up assessments are required. **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.

Home-Delivered Meal Providers

Contractor	Region	Site Address	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 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	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139

Contractor	Region	Site Addresses	Phone number	Home-delivered ZIP codes served
Serving Seniors Not accepting new referrals at this time.	Central	City Heights Senior Residence 4065 43rd Street San Diego, CA 92105	619-487-0714	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	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	92101
Serving Seniors Not accepting new referrals at this time.	Central	The Salvation Army, Central 4170 Balboa Avenue San Diego, CA 92117	858-483-1831	92102, 92104, 92105, 92111, 92117, 92123
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 Not accepting new referrals at this time.	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- 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	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
The Salvation Army	South	The Salvation Army, Chula Vista 648 Third Avenue Chula Vista, CA 91910	619-498-0298	91902, 91910, 91911, 91913, 91914, 91915
Serving Seniors Not accepting new referrals at this time.	East	Lakeside Community Center 9841 Vine Street Lakeside, CA 92040	619-337-1425	N/A
Mountain Health & Community Services, Inc	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	619-478-5109	91906, 91905
Mountain Health & Community Services, Inc	East Rural	Descanso Library 9545 River Drive Descanso, CA 91916	619-478-5109	91931
Mountain Health & Community Services, Inc	East Rural	Jacumba Public Library 44505 Old Highway 80 Jacumba Hot Springs, CA 91934	619-478-5109	91934

Contractor	Region	Site Addresses	Phone number	Home-delivered ZIP codes served
Mountain Health & Community Services, Inc	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	619-478-5109	91963
Mountain Health & Community Services, Inc	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	619-478-5109	91901, 91903
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 Not accepting new referrals at this time.	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 Not accepting new referrals at this time.	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

Contractor	Region	Congregate Site Addresses	Phone number	Home-delivered ZIP codes served
National City, City of	South	MLK Community Center 140 E 12th St National City, CA 91950	619-336-6750	91950
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	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	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139
The Salvation Army	East	The Salvation Army, El Cajon 1011 East Main Street El Cajon, CA 92021	619-440-2457 x413	92019, 92020, 92021