



**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 by phone at 800-510-2020.

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	Central	College Avenue Senior Center 6299 Capri Drive San Diego, CA 92120	858-637-3000 For Home Delivered Meals: (858) 637-3230	92102, 92107, 92110, 92114, 92115, 92116, 92117, 92119, 92120, 92139
Serving Seniors	Central	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	619-487-0714	92101, 92102, 92103, 92104, 92113, 92116
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, 92113, 92116

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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	Central	Mira Mesa Senior Center 8460 Mira Mesa Blvd San Diego, CA 92126	619-487-0714	92126, 92131
The Salvation Army	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	East	La Mesa Adult Enrichment Center 8450 La Mesa Blvd La Mesa, CA 91941	619-337-1425	91941, 91942, 91945, 91977, 91978
Serving Seniors	East	Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945	619-337-1425	91941, 91942, 91945, 91977, 91978
Serving Seniors	East	Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977	619-337-1425	91941, 91942, 91945, 91977, 91978
The Salvation Army	East	The Salvation Army, El Cajon 1011 East Main Street El Cajon, CA 92021	619-440-2457 x413	92019, 92020, 92021
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	Chapel of the Hills 25153 Viejas Blvd Descanso, CA 91916	619-478-5109	91931
Mountain Health & Community Services, Inc	East Rural	Pine Valley Improvement Club 28890 Old Highway 80 Pine Valley, CA 91962	619-478-5109	91931
Mountain Health & Community Services, Inc	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	619-478-5109	91963

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Mountain Health & Community Services, Inc	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	619-478-5109 619-445-7330	91901
Meals on Wheels (Greater San Diego)	North	N/A	1-800-573-6467 760-736-9900 (North County)	92025, 92026, 92027, 92029, 92069, 92096
Carlsbad, City of	North Coastal	Carlsbad Senior Center 799 Pine Avenue Carlsbad, CA 92008	760-602-4650	92008, 92009, 92010, 92011
Oceanside Senior Citizens Association	North Coastal	Oceanside Senior Center 455 Country Club Lane, Oceanside, CA 92054	760-435-5285	92051, 92054, 92056, 92057, 92058
Vista, City of	North Coastal	Gloria G. McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084	760-643-5288	92081, 92083, 92084
Poway Valley Senior Citizens	North Inland	Poway Valley Senior Center 13094 Civic Center Drive, Poway, CA 92064	858-748-6094	92064, 92127, 92128, 92129
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 Waters Nutrition Center 1415 D Avenue National City, CA 91950	619-336-6750	91950
Serving Seniors	South	St. Charles Nutrition Program 945 18th Street San Diego, CA 92154	619-423-2877	92154, 92173, 91911, 91932
Serving Seniors	South	San Ysidro Senior Dining 125 East Park Blvd San Ysidro, CA 92173	619-423-2877	92154, 92173, 91911, 91932
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