



County of San Diego Older Californians Nutrition Program Home Delivered Meals

To improve the nutritional health of older adults in San Diego, Aging & Independence Services (AIS) contracts with community partners to provide home delivered meals, for eligible adults. Adults 60 and older who are frail, homebound due to illness or disability, or are otherwise isolated, 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. Follow up assessments are required on a quarterly basis to ensure the participant still qualifies for the program. All participants will be given an opportunity to contribute to the cost of the meal, however no person will be denied a meal for choosing not to contribute. Contributions are voluntary.

Contact your nearest home delivered meal provider to inquire about eligibility. For more information about nutrition services, call the AIS Call Center at 800-339-4661. For information about other nutrition resources for older adults, please visit www.211SanDiego.org.

| Region | Meal Provider(s) | Zip Codes Served | Phone Number | Delivery Schedule | # of Meals per Week | Type of Meals Served |
|---------------|------------------|---|--------------------------------|---|--------------------------|-------------------------------------|
| North Coastal | City of Carlsbad | 92008, 92009, 92010, 92011 | 442-339-2650 | Mon-Fri 10:30am-1:30pm | 6 | Frozen Dinner |
| | City of Vista | 92083, 92084 | 760-643-5281 | Mon-Fri 10:00am-2:00pm | 6 | Frozen Lunch |
| | Serving Seniors | 91927, 92008, 92009, 92010, 92011, 92024, 92052, 92054, 92056, 92057, 92058, 92083, 92084, 92085, 92091 | 619-235-6572 | Mon-Fri 10:00am-3:00pm | 7 | Cold and Frozen Breakfast and Lunch |
| North Inland | City of Vista | 92081 | 760-643-5281 | Mon-Fri 10:00am-2:00pm | 6 | Frozen Lunch |
| | Meals on Wheels | 92025, 92026, 92027, 92029, 92064, 92065, 92069, 92078, 92081, 92127 92128 | 1-800-573-6467 or 760-736-9900 | Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment | 7 | Frozen Dinner |
| | Meals on Wheels | 92004 | 1-800-573-6467 or 760-736-9900 | Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment | Determined at Enrollment | Frozen Dinner |
| | Meals on Wheels | 92028 | 1-800-573-6467 or 760-736-9900 | Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment | Determined at Enrollment | Frozen Dinner |

| Region | Meal Provider(s) | Zip Codes Served | Phone Number | Delivery Schedule | # of Meals per Week | Type of Meals Served |
|---------------|---|---|--------------------------------|---|--------------------------|---|
| North Inland | Pacific Educational Facilities Inc.- Ramona | 92065, 92036, 92070, 92066, 92086, 92059, 92060, 92061, 92082 | 760-789-0440 | Mon/Wed/Fri or Tue/Thu 9:30am-3:00pm | 5 | Hot and Frozen Lunches |
| | Serving Seniors | 92025, 92026, 92027, 92028, 92029, 92064, 92069, 92078, 92081, 92127, 92128, 92129 | 619-235-6572 | Mon-Fri 10:00am-3:00pm | 7 | Cold and Frozen Breakfast and Lunch |
| North Central | Jewish Family Service of San Diego | 92120, 92119, 92124, 92111, 92110, 92117, 92123, 92108, 92037, 92122, 92121, 92130, 92126, 92131, 92037, 92109, 92107, 92106, 92110 | 858-637-3210 | 10:30am-1:30pm, Determined at Enrollment | 5 | Hot and Frozen Lunches |
| | Mama's Kitchen | 92111, 92117, 92121, 92126 | 619-314-5789 | Tue/Fri 9:00am-12:00pm; 12:00pm-3:00pm; or 3:00pm-6:00pm | Determined at Enrollment | Cold or Frozen Dinner, Regular, Renal, or Low Potassium Diet Menu |
| | Meals on Wheels | 92111, 92117, 92122, 92123 | 1-800-573-6467 or 619-295-9501 | Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment | 7 | Hot or Frozen Dinner |
| | Serving Seniors | 92108, 92110, 92111, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92130, 92131 | 619-235-6572 | Mon-Fri 10:00am-3:00pm | 7 | Cold and Frozen Breakfast and Lunch |
| Central | Jewish Family Service of San Diego | 92102, 92103, 92104, 92105, 92113, 92115, 92116, 92114, 92139 | 858-637-3210 | 10:30am-1:30pm, Determined at Enrollment | 5 | Hot and Frozen Lunches |
| | Mama's Kitchen | 92103, 92104, 92105, 92115, 92116, 92103, 92104, 92105, 92115, 92116 | 619-314-5789 | Tue/Fri 9:00am-12:00pm; 12:00pm-3:00pm; or 3:00pm-6:00pm | Determined at Enrollment | Cold or Frozen Dinner, Regular, Renal, or Low Potassium Diet Menu |

| Region | Meal Provider(s) | Zip Codes Served | Phone Number | Delivery Schedule | # of Meals per Week | Type of Meals Served |
|---------|--------------------------------------|--|--------------------------------|---|--------------------------|---|
| Central | Meals on Wheels | 92105, 92113, 92114 | 1-800-573-6467 or 619-295-9501 | Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment | Determined at Enrollment | Hot or Frozen Dinner |
| | Serving Seniors | 92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139 | 619-235-6572 | Mon-Fri 10:00am-3:00pm | 7 | Cold and Frozen Breakfast and Lunch |
| East | San Ysidro Health | 91906, 91901, 91905, 91934, 91963, 91931, 91962 | 619-478-2384 | Varies, Determined at Enrollment | 7 | Hot and Frozen Lunches |
| | Jewish Family Service of San Diego * | 91942, 91941, 92020, 91942, 92071, 92040, 92020, 92021, 92019, 92022, 91945, 91977 | 858-637-3210 | 10:30am-1:30pm, Determined at Enrollment | 5 | Hot and Frozen Lunches |
| | Mama's Kitchen | 91941, 91942, 91977, 91978 | 619-314-5789 | Tue/Fri 9:00am-12:00pm; 12:00pm-3:00pm; or 3:00pm-6:00pm | Determined at Enrollment | Cold or Frozen Dinner, Regular, Renal, or Low Potassium Diet Menu |
| | Meals on Wheels | 91941, 91942, 91977, 91978, 92019, 92020, 92021, 92040, 92071 | 1-800-573-6467 or 619-447-8782 | Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment | Determined at Enrollment | Hot or Frozen Dinner |
| | Serving Seniors | 91941, 91942, 91945, 91977, 91978, 92019, 92020, 92021, 92022, 92040, 92071 | 619-235-6572 | Mon-Fri 10:00am-3:00pm | 7 | Cold and Frozen Breakfast and Lunch |
| South | Mama's Kitchen | 91910, 91911, 91913, 91914, 91915, 91950, 91952 | 619-314-5789 | Tue/Fri 9:00am-12:00pm; 12:00pm-3:00pm; or 3:00pm-6:00pm | Determined at Enrollment | Cold or Frozen Dinner, Regular, Renal, or Low Potassium Diet Menu |

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|--------|------------------|---|--------------------------------|---|--------------------------|-------------------------------------|
| South | Meals on Wheels | 91902, 91910, 91911, 91913, 91914, 91915, 91950 | 1-800-573-6467 or 619-420-2782 | Mon-Fri or Mon-Sat 10:30am-1:30pm; 10:30am-2:30pm Determined at Enrollment | Determined at Enrollment | Hot or Frozen Dinner |
| | Serving Seniors | 91902, 91910, 91911, 91913, 91914, 91915, 91932, 91950, 91951, 92154, 92173 | 619-235-6572 | Mon-Fri 10:00am-3:00pm | 7 | Cold and Frozen Breakfast and Lunch |