



**County of San Diego
Older Californians Nutrition Program
Congregate and To-Go Meals**

To improve the nutritional health of older adults in San Diego, Aging & Independence Services (AIS) contracts with community partners to administer the Older Californians Nutrition Program, offering meals at various locations throughout the County. Nutrition sites offer sit down "congregate" meal services, and some provide to-go meals.

Meals are available to older adults age 60+. All eligible people will be given an opportunity to contribute to the cost of the meal, however no eligible person will be denied a meal for choosing not to contribute. Contributions are voluntary.

Details: Meal service information (lunch hours, to-go meal availability, etc.) differs for each provider, so please contact your nearest site for information or call the AIS Call Center at 800-339-4661 for further assistance. For information about other nutrition resources for older adults, please visit www.211SanDiego.org.

Region	Congregate Meal Site	Meal Provider	Meal Hours	Transportation Offered	To-Go Meals Offered	Phone Number	Holiday Closures
North Coastal	Carlsbad Senior Center 799 Pine Ave Carlsbad, CA 92008	City of Carlsbad	Mon-Sat 12:00pm-1:00pm	Yes	No	442-339-2650	7/4/2025, 10/13/2025, 11/11/2025, 11/27/2025, 11/28/2025, 12/24/2025, 12/25/2025, 1/1/2026, 1/19/2026, 2/16/2026
	Oceanside Senior Citizens Center 455 Country Club Lane Oceanside, CA 92054	Serving Seniors	Mon-Fri 11:15am-12:15pm	No	Yes	760-435-5285	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
	The Salvation Army Oceanside 3935 Lake Blvd. Oceanside, CA 92056	The Salvation Army	Mon-Fri 11:30am-12:30pm	No	No	760-631-8212 x208	4/1/2025, 5/27/2025, 6/19/2025, 7/4/2025, 7/5/2025, 9/2/2025, 11/28/2025, 11/29/2025, 12/25/2025, 1/1/2026, 1/20/2026, 2/17/2026
	San Marcos Senior Activity Center 111 Richmar Avenue San Marcos, CA 92069	City of San Marcos	Mon-Fri 11:30am-12:30pm	Yes	No	760-744-5535	5/26/2025, 7/04/2025, 9/01/2025, 11/11/2025, 11/27/2025, 11/28/2025, 12/25/2025 1/01/2026, 1/19/2026, 2/16/2026, 3/31/2026
	City of Vista Gloria McClellan Senior Center 1400 Vale Terrace Dr. Vista, CA 92084	City of Vista	Mon-Fri 12:00pm-12:30pm	Yes	No	760-643-5288	5/26/25, 7/4/25, 9/1/25, 11/11/25, 11/27/25, 11/28/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26
	Park Avenue Community Center 210 E Park Ave. Escondido, CA 92025	City of Escondido	Mon-Fri 11:30am-12:15pm	Yes	No	760-839-4688	7/4/2025, 9/1/2025, 11/11/2025, 11/27/2025, 11/28/2025, 12/25/2025, 1/1/2026, 1/19/2026, 2/16/2026, 5/26/2026
	Ramona Senior Center 434 Aqua Lane Ramona, CA 92065	Pacific Educational Facilities, Inc.	Mon-Fri 11:30am- 1:00pm	Yes	No	760-789-0440	7/4/2025, 9/1/2025, 10/13/2025, 11/11/2025, 11/27/2025, 11/28/2025, 12/24/2025, 12/25/2024, 1/1/2026, 2/16/2025, 4/3/2026, 05/25/2026
	Ed Brown Rancho Bernardo 18402 W Bernardo Dr San Diego, CA 92127	Serving Seniors	To-Go Meals Only Thurs 12:00pm-1:00pm	No	Yes	858-487-9324	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26

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North Central	Judith L Seltz Senior Center 5255 Mt. Etna Drive San Diego, CA 92177	Serving Seniors	To-Go Meals Mon-Sun 11:15am-12:15pm Mon-Fri 11:15am-12:15pm	No	Yes	TBA	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
	Bayside Community Center 2202 Comstock Street San Diego, CA 92111	Jewish Family Service of San Diego	Mon-Fri 11:30am-12:30pm	No	No	858-278-0771	5/26/2025, 7/04/2025, 09/01/2025, 9/23/2025, 9/24/2025, 10/2/2025, 11/27/2025, 11/28/2025, 12/25/2025, 1/1/2026, 1/19/2026, 2/16/2026
Central	LGBT Community Center (The Center) 3909 Centre St. San Diego, CA 92103	Jewish Family Service of San Diego	Mon-Fri 11:30am-12:30pm	Yes	Yes	619-692-2077	5/26/2025, 7/04/2025, 09/01/2025, 9/23/2025, 9/24/2025, 10/2/2025, 11/27/2025, 11/28/2025, 12/25/2025, 1/1/2026, 1/19/2026, 2/16/2026
	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	Serving Seniors	Breakfast Mon-Fri 7:00am-8:00am	No	No	619-235-6573	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
			Lunch & To-Go Mon-Fri 12:00pm-1:00pm		Yes		
	Gary and Mary West Senior Wellness Center 1525 Fourth Ave. San Diego, CA 92101	Serving Seniors	Breakfast Mon-Fri 7:00am-8:00am Sat 8:00am -9:00am	No	Yes	619-235-6572	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
			Lunch Mon-Fri 11:00am-11:45am, 12:15pm-1:00pm, 1:15pm-1:45pm, Sat-Sun 11:00am-11:45am, 12:15pm-1:00pm				
	Park de la Cruz 3901 Landis Street San Diego, CA 92105	Serving Seniors	Mon-Fri 12:00pm-1:00pm	No	Yes	619-487-0714	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
Memorial Senior Center 610 S. 30th Street San Diego, CA 92113	Serving Seniors	Mon-Fri 12:00pm-1:00pm	No	Yes	619-235-1141	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26	

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Central	The Salvation Army San Diego 2799 Health Center Dr. San Diego, CA 92123	The Salvation Army	Mon-Fri 10:30am-12:30pm	Yes	No	858-483-1831	4/1/2025, 5/27/2025, 6/19/2025, 7/4/2025, 7/5/2025, 9/2/2025, 11/28/2025, 11/29/2025, 12/25/2025, 1/1/2026, 1/20/2026, 2/17/2026
	Turk Family Center 8804 Balboa Ave. San Diego, CA 92123	Jewish Family Service of San Diego	To-Go Meals Only Mon-Fri 1:30pm- 3:30pm	No	Yes	858-637-3000	5/26/2025, 7/04/2025, 09/01/2025, 9/23/2025, 9/24/2025, 10/2/2025, 11/27/2025, 11/28/2025, 12/25/2025, 1/1/2026, 1/19/2026, 2/16/2026
	Bay Terraces Community & Senior Center 7445 Tooma Street San Diego, CA 92139	Serving Seniors	Mon-Fri 12:30pm-1:30pm	No	Yes	619-527-7632	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
East	Alpine Community Center 1830 Apline Blvd Apline, CA 91901	San Ysidro Health	Thur 12:00pm-1:00pm	No	Yes	619-445-7330	5/26/25, 7/4/25 11/28/25, 11/29/25, 12/25/25
	Mountain Health Community Center 976 Sheridan Road Campo, CA 91906	San Ysidro Health	Mon-Fri 12:00pm-12:30pm	No	Yes	619-478-2384	5/26/25, 7/4/25 11/28/25, 11/29/25, 12/25/25
	Descanso County Library 9545 River Dr. Descanso, CA 91916	San Ysidro Health	Wed 1:00pm-1:30pm	No	Yes	619-478-5978	5/26/25, 7/4/25 11/28/25, 11/29/25, 12/25/25
	Dulzura Community Development Center 1136 Community Building Road Dulzura, CA 91917	San Ysidro Health	Thur 1:00pm-1:30pm	No	Yes	619-876-3318	5/26/25, 7/4/25 11/28/25, 11/29/25, 12/25/25
	Jacumba County Library 44605 Old Hwy 80 Jacumba, CA 91934	San Ysidro Health	Fri 10:00am-10:30am	No	Yes	619-766-4608	5/26/25, 7/4/25 11/28/25, 11/29/25, 12/25/25
	La Mesa Adult Enrichment Center 8450 La Mesa Blvd. La Mesa, CA 91942	Serving Seniors	Mon-Fri 11:30am-12:30pm	No	Yes	619-667-1322	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
	Pine Valley Improvement Club 28890 Old Highway 80 Pine Valley, CA 91962	San Ysidro Health	Wed 12:00pm-12:30pm	No	Yes	619-478-2384	5/26/25, 7/4/25 11/28/25, 11/29/25, 12/25/25
	Portrero County Library 24883 Portrero Valley Rd. Portrero, CA 91963	San Ysidro Health	Thur 12:00pm-12:30pm	No	Yes	619-478-5978	5/26/25, 7/4/25 11/28/25, 11/29/25, 12/25/25
	The Salvation Army El Cajon 1011 E. Main Street El Cajon, CA 92021	The Salvation Army	Breakfast Mon-Fri 9:45am -10:30am Lunch Mon-Fri 10:30am- 12:30pm	Yes	No	619-592-8292	4/1/2025, 5/27/2025, 6/19/2025, 7/4/2025, 7/5/2025, 9/2/2025, 11/28/2025, 11/29/2025, 12/25/2025, 1/1/2026, 1/20/2026, 2/17/2026

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South	The Salvation Army Chula Vista 648 Third Ave. Chula Vista, CA 91910	The Salvation Army	Breakfast Mon-Fri 8:00am- 9:00pm	Yes	No	619-498-0298	4/1/2025, 5/27/2025, 6/19/2025, 7/4/2025, 7/5/2025, 9/2/2025, 11/28/2025, 11/29/2025, 12/25/2025, 1/1/2026, 1/20/2026, 2/17/2026
			Lunch Mon-Fri 10:00am-12:15pm				
	Imperial Beach Senior Center 1075 Eighth Street Imperial Beach, CA 91932	Serving Seniors	Mon-Fri 12:00pm-1:00pm	No	Yes	619-424-7077	5/26/25, 6/19/25, 7/4/25, 9/1/25, 11/11/25, 11/28/25, 11/29/25, 12/25/25, 1/1/26, 1/19/26, 2/16/26, 3/31/26
George H Waters Nutrition Center- National City 1415 D Ave. National City, CA 91950	City of National City	Mon-Fri 10:30am-12:30pm	No	No	619-336-6750	3/31/25, 5/26/25, 7/4/25, 9/2/25, 10/14/25, 11/28/25, 11/29/25, 12/24/25, 12/25/25, 1/1/26, 1/20/26, 2/17/26	