Emergency Food Assistance Program

About the Emergency Food Assistance Program:
The San Diego Food Bank’s Emergency Food Assistance Program distributes emergency food packages at 80 different locations across San Diego County every month. The majority of the food distributed at these sites includes nonperishable and shelf-stable food items.

Where do Emergency Food Assistance Program food distributions take place? 
The Food Bank partners with 80 nonprofits across San Diego County. The food distributions often take place in a parking lot. The Food Bank’s truck delivers food to the site, and volunteers from the nonprofit put the food in grocery bags and give the groceries to our clients standing in line.

Are there income guidelines for the Emergency Food Assistance Program? 
Yes. To qualify for this program, your household must meet federal income guidelines determined by household size and household income (see below).

Please note: Proof of income is NOT REQUIRED to receive food from this program. This is a verbal self-certification program.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Monthly Household Income</th>
<th>Annual Household Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$ 2,498.83</td>
<td>$ 29,986.00</td>
</tr>
<tr>
<td>2</td>
<td>$ 3,376.17</td>
<td>$ 40,514.00</td>
</tr>
<tr>
<td>3</td>
<td>$ 4,253.50</td>
<td>$ 51,042.00</td>
</tr>
<tr>
<td>4</td>
<td>$ 5,130.83</td>
<td>$ 61,570.00</td>
</tr>
<tr>
<td>5</td>
<td>$ 6,008.17</td>
<td>$ 72,098.00</td>
</tr>
<tr>
<td>6</td>
<td>$ 6,885.50</td>
<td>$ 82,626.00</td>
</tr>
<tr>
<td>Each additional member</td>
<td>add $877.33 each</td>
<td>add $10,528 each</td>
</tr>
</tbody>
</table>

What is included in my monthly EFAP food bag? 
Food items vary from month to month. A typical EFAP bag will include a variety of: canned vegetables, canned soups, canned fruits, canned meats, pasta, oatmeal, rice, beans and frozen food items.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027)found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: 1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; 2) fax: (202) 690-7442; or 3) email: program.intake@usda.gov. This institution is an equal opportunity provider.
25 new locations have been opened through partnership with Catholic Charities Dioceses of San Diego’s Emergency Food Distribution Network. COVID-19: Review locations and schedule a pick-up or delivery at www.ccdsd.org/efdn or by phone (619) 323-2841 follow the prompts (option 2) English, Spanish, and Vietnamese

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**CENTRAL**

**Location:** Old Town Community Church  
2444 Congress Street  
San Diego, CA 92112  
Between San Diego Avenue and Conde Street  

**Food Distribution Days & Hours:** Open Mondays from 1:00 - 4:00 pm

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**Location:** Jewish Family Service of San Diego  
8804 Balboa Avenue  
San Diego, CA 92123  
Near Coleman University. Distribution is at the building on your left as you enter parking lot;  

**Food Distribution Days & Hours:** COVID-19 hours: Monday – Friday 11:00 am – 1:00 pm

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**Location:** Community Christian Service Agency  
4167 Rappahannock Avenue  
San Diego, CA 92117  
North of Linda Vista Road, cross street is Clairemont Drive  

**Food Distribution Days & Hours:** Monday - Friday from 9:30 am - 3:00 pm

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**Location:** Calvary Evangelical Lutheran Church  
3060 54th Street  
San Diego, CA 92105  
Enter through 54th Frontage St. Go to the one-story building behind the church building.  

**Food Distribution Days & Hours:** COVID-19 hours Monday & Wednesday 11:00 am - 2:00 pm  
**August Holiday Closures:** August 7

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**Location:** San Diego Armed Services YMCA  
3293 Santo Road  
San Diego, CA 92124  
Distribution happens at parking lot  

**Food Distribution Days & Hours:** COVID-19 Hours: Mondays, 8:00 am - 11:00 am  
**Helpful Tip:** Line numbers issued at 9:00 am, you can leave the line, special lines for persons with disabilities

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**NORTH COUNTY**

**Location:** North County Food Bank  
1445 Engineer Street, Suite #110  
Vista, CA 92081  
Nearest major intersection is Sycamore and S. Melrose.
Food Distribution Days & Hours: Monday - Friday 9:00 am - 5:00 pm; no appointment needed; if carpooling, must show proof of different addresses

Location: Brother Benno Foundation
3260 Production Avenue
Oceanside, CA 92058
Between Roymar Road and Airport Road
Food Distribution Days & Hours: Monday - Friday from 6:30 am - 10:45 am & 11:30 am - 12:00 pm

Location: Community Resource Center
650 Second Street
Encinitas, CA 92024
Between E and F Street
Food Distribution Days & Hours: Monday - Friday from 8:30 am - 12:30 pm

Location: Ramona Food & Clothes Closet Incorporated (in donation drop off area)
773 Main Street
Ramona, CA 92065
Between 7th Street & 8th Street, parking lot in the back
Food Distribution Days & Hours: Monday – Friday 10:00 am – 4:00 pm

Location: Christian Credit Counselors
5838 Edison Place # 130
Carlsbad, CA 92008
From Camino Vida Roble, drive into Edison Place, 1st parking lot entrance on your left. This is an OFFICE building.
Food Distribution Days & Hours: Monday - Friday from 8:00 am - 4:00 pm

Location: The Community Food Connection
14047 Twin Peaks Road
Poway, CA 92064
Passing Twin Peaks Middle School just before CIRCLE K behind Trinity Church
Food Distribution Days & Hours: Mondays, Wednesdays, & Fridays from 3:00 pm - 6:00 pm

Location: Fallbrook Food Pantry
140 N. Brandon Road
Fallbrook, CA 92028
Food Distribution Days & Hours: 3rd week of the Month (Monday - Friday) 9:30 am - 12:30 pm

Location: The Movement Church
1609 Capalina Road
San Marcos, CA 92069
At the plaza next on the right side of the church building
Food Distribution Days & Hours: Monday before the 3rd Tuesday from 2:00 - 3:30 pm
Location: Lakeside Christian Helps Center  
9931 Channel Road  
Lakeside, CA 92040  
Crossing Street Wintergardens

**Food Distribution Days & Hours:** Monday-Thursdays from 10:00 am to 12:00 pm

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Location: La Mesa Seventh Day Adventist Community Church  
4207 Spring Gardens Road  
La Mesa, CA 91941  
Across Spring Street next to Sunny Donut Shop

**Food Distribution Days & Hours:** Mondays, Tuesdays, & Thursdays from 9:00 am - 12:00 pm

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Location: San Diego Food Bank at Back Country Boulevard  
39550 Old Highway 80  
Boulevard, CA 91905  
Next to Post Office

**Food Distribution Days & Hours:** 2nd Monday of the month from 10:00 am - 11:00 am

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Location: San Diego Food Bank at Back Country Jacumba  
45612 Old Highway 80  
Jacumba, CA 91934

**Food Distribution Days & Hours:** 2nd Monday of the month from 12:30 pm - 1:30 pm

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Location: St Barnabas Episcopal Church  
2680 Country Club Drive  
Borrego Springs, CA 92004  
Between Stirrup Road and Church Road

**Food Distribution Days & Hours:** Monday before 3rd Tuesday of the month 11:30 am - 3:30 pm

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**SOUTH BAY**

Location: Hearts & Hands Working Together  
663 E San Ysidro Boulevard  
San Ysidro, CA 92173  
At San Ysidro Community Service Center. Distribution happens in the back of the building; wire fence door at far left of parking lot will open exactly at distribution time.

**Food Distribution Days & Hours:** COVID-19 hours: Monday - Friday from 3:00 pm - 5:30 pm  
**August Holiday Closures:** September 7; October 12; November 11, 26, 27; December 24, 25, 31

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Location: Lutheran Social Services - Project Hand  
580 Hilltop Drive  
Chula Vista, CA 91910  
East H Street on the cross street of "I" Street  
*Currently no parking out front of distribution (due to construction). Participants may enter the Church on the north side and walk south to “I” street to the door for food distribution.*

**Food Distribution Days & Hours:** Mondays, Wednesdays and Fridays from 9:00 am - 2:00 pm
25 new locations have been opened through partnership with Catholic Charities Dioceses of San Diego’s Emergency Food Distribution Network. COVID-19: Review locations and schedule a pick-up or delivery at www.ccdsd.org/efdn or by phone (619) 323-2841 follow the prompts (option 2) English, Spanish, and Vietnamese

**CENTRAL**

Location: Jewish Family Service of San Diego  
8804 Balboa Avenue  
San Diego, CA 92123  
Near Coleman University. Distribution happens at the building on your left as you enter parking lot; reception area.  
Food Distribution Days & Hours: COVID-19 hours: Monday – Friday 11:00 am – 1:00 pm

Location: Community Christian Service Agency  
4167 Rappahannock Avenue  
San Diego, CA 92117  
North of Linda Vista Road, cross street is Clairemont Drive  
Food Distribution Days & Hours: Monday - Friday from 9:30 am - 3:00 pm

Location: Unions United, United Way of San Diego County  
4699 Murphy Canyon Road  
San Diego, CA 92123  
Food Distribution Days & Hours: Tuesday – Friday from 8:00 am – 4:30 pm by appointments only (858) 636-4116

**NORTH COUNTY**

Location: North County Food Bank  
1445 Engineer Street, Suite #110  
Vista, CA 92081  
Nearest major intersection is Sycamore and S. Melrose.  
Food Distribution Days & Hours: Monday - Friday 9:00 am - 5:00 pm; no appointment needed; if carpooling, must show proof of different addresses

Location: Brother Benno Foundation  
3260 Production Avenue  
Oceanside, CA 92058  
Between Roymar Road and Airport Road  
Food Distribution Days & Hours: Monday - Friday from 6:30 am - 10:45 am & 11:30 am - 12:00 pm

Location: Community Resource Center  
650 Second Street  
Encinitas, CA 92024
Food Distribution Days & Hours: **Monday - Friday from 8:30 am - 12:30 pm**

**Location:** Ramona Food & Clothes Closet Incorporated (in donation drop off area)
773 Main Street
Ramona, CA 92065
Between 7th Street & 8th Street, parking lot in the back
Food Distribution Days & Hours: Monday – Friday 10:00 am – 4:00 pm

**Location:** Christian Credit Counselors
5838 Edison Place # 130
Carlsbad, CA 92008
From Camino Vida Roble, drive into Edison Place, 1st parking lot entrance on your left. This is an OFFICE building.
Food Distribution Days & Hours: Monday - Friday 8:00 am - 4:00 pm

**Location:** The Foundry Community Church
120 North Ash Street
Escondido, CA 92027
Between East Ohio Street and East Grand Avenue
Food Distribution Days & Hours: Tuesdays & Thursdays from 11:00 am - 1:00 pm; Wednesdays from 4:00 pm - 6:00 pm

**Location:** Fallbrook Food Pantry
140 N. Brandon Road
Fallbrook, CA 92028
Food Distribution Days & Hours: 3rd week of the Month (Monday - Friday) 9:30 am - 12:30 pm

**Location:** Pilgrim United Church of Christ
2020 Chestnut Avenue
Carlsbad, CA 92008
By Carlsbad High School
Food Distribution Days & Hours: 3rd Tuesday of the month from 1:00 pm - 2:00 pm

**Location:** MAAC Project at Laurel Tree Apartments
1307 Laurel Tree Lane
Carlsbad, CA 92011
By Aviara Parkway, has elevator
Drive thru with MAX of 2 households per vehicle
Food Distribution Days & Hours: COVID HOURS: 3rd Tuesday from 2:00 pm until food is gone.

**Location:** Shelter Valley Citizens Corporation
7217 Great Southern Overland Stage Route
Julian, CA 92036
By S2 Hwy
Food Distribution Days & Hours: 3rd Tuesday of the month from 8:00 am - until food is gone
Location: Lakeside Christian Helps Center  
9931 Channel Road  
Lakeside, CA 92040  
Crossing Street Wintergardens  

**Food Distribution Days & Hours:** Monday-Thursdays from 10:00 am to 12:00 pm

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Location: La Mesa Seventh Day Adventist Community Church  
4207 Spring Gardens Road  
La Mesa, CA 91941  
Across Spring Street next to Sunny Donut Shop  

**Food Distribution Days & Hours:** Mondays, Tuesdays, & Thursdays from 9:00 am - 12:00 pm

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Location: Stepping Higher Incorporated  
9923 Campo Road, Suite A  
Spring Valley, CA 91977  

**Food Distribution Days & Hours:** Tuesdays - Thursdays from 10:00 am – 1:00 pm

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Location: Heaven’s Windows  
8848 Troy Street  
Spring Valley, CA 91977  
At Goodland Acres County Park  

**Food Distribution Days & Hours:** COVID-19 Hours: Tuesday - Friday from 9:00 am - 12:00 pm

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Location: Warner Springs Community Resource Center  
30950 Highway 79  
Warner Springs, CA 92086  
At the Community Resource Center across from Warner Springs School  

**Food Distribution Days & Hours:** 3rd Tuesday 8:00 am – 10:00 am; All other Tuesdays 10:00 am –12:00 pm by appointment only call (760) 782-0670.

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Location: Potrero Community Center Foundation  
24954 Potrero Valley Road  
Potrero, CA 91963  
At junction with Broken Bone Lane  

**Food Distribution Days & Hours:** 3rd Tuesday of the month from 10:00 am - 1:00 pm, and by appointment; call (619) 587-2964

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Location: MAAC Project at San Martin de Porres Apartments  
9119 Jamacha Rd  
Spring Valley, CA 91977  
Drive-thru: Cars will be lining up two blocks down at Gillespie Street and exit through north Jamacha Rd. Walk-ins: Enter from the Kempton Street Gate.  

**Food Distribution Days & Hours:** 3rd Tuesday of the month from 10:00 am - 12:00 pm. COVID-19: 8:00 am – 12:00 pm
Location: New Life Baptist Church  
9255 Lamar Street  
Spring Valley, CA 91977  
East Helix Street, South 125 Hwy  
**Food Distribution Days & Hours:** 3rd Tuesday of the month from 3:00 pm - 4:30 pm  
**Helpful Tip:** Line numbers issued at 2:00 pm, you can leave the line once you have a number. Drive-thru during COVID-19.

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Location: El Cajon Church of Christ  
517 Pepper Drive  
El Cajon, CA 92021  
**Food Distribution Days & Hours:** 3rd Tuesday of the month from 9:30 am - 12:00 pm

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Location: MAAC Project Villa Lakeshore Apartments  
COVID-19: 9841 Vine Street  
Lakeside, CA 92040  
Drive-thru  
In front of Lindo Lake Place  
**Food Distribution Days & Hours:** 3rd Tuesday of the month from 10:00 am - until food is gone  
**Helpful Tip:** Line numbers issued at 9:00 am

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Location: Santee Food Bank  
9715 Halberns Blvd.  
Santee, CA 92071  
**Food Distribution Days & Hours:** 1st and 3rd Tuesday from 8:00 am - 11:00 am

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**SOUTH BAY**

Location: Hearts & Hands Working Together  
663 E San Ysidro Boulevard  
San Ysidro, CA 92173  
At San Ysidro Community Service Center. Distribution happens in the back of the building; wire fence door at far left of parking lot will open exactly at distribution time.  
**Food Distribution Days & Hours:** COVID-19 hours: Monday - Friday from 3:00 pm - 5:30 pm

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Location: CMC Good Neighbor Center (Nestor Site)  
1120 Nestor Way  
Nestor, CA 92154  
At Nestor Methodist Church Center, enter by Flower Street, across from Swapmeet  
**Food Distribution Days & Hours:** Tuesdays from 9:00 am - 12:00 pm

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Location: National City Collaborative at 18th Street  
304 West 18th Street  
National City, CA 91950  
Cross street is Hoover, between Mile of Cars and Fwy 5, near Kimball Elementary School  
COVID-19 update: parking lot closed; participants walk around building to receive commodities  
**Food Distribution Days & Hours:** Tuesdays, Wednesdays, and Thursdays from 8:00 am - 12:00 pm

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**25 new locations** have been opened through partnership with Catholic Charities Dioceses of San Diego’s Emergency Food Distribution Network.

COVID-19: Review locations and schedule a pick-up or **delivery** at [www.ccdsd.org/efdn](http://www.ccdsd.org/efdn) or by phone (619) 323-2841 follow the prompts (option 2) English, Spanish, and Vietnamese

### CENTRAL

**Location:** Jewish Family Service of San Diego  
8804 Balboa Avenue  
San Diego, CA 92123  
Near Coleman University. Distribution happens at the building on your left as you enter parking lot; reception area.  
**Food Distribution Days & Hours:** COVID-19 hours: Monday – Friday 11:00 am – 1:00 pm

**Location:** Community Christian Service Agency  
4167 Rappahannock Avenue  
San Diego, CA 92117  
North of Linda Vista Road, cross street is Clairemont Drive  
**Food Distribution Days & Hours:** Monday - Friday from 9:30 am - 3:00 pm

**Location:** Unions United, United Way of San Diego County  
4699 Murphy Canyon Road  
San Diego, CA 92123  
**Food Distribution Days & Hours:** Tuesday – Friday from 8:00 am – 4:30 pm **by appointments only (858) 636-4116**

**Location:** Calvary Evangelical Lutheran Church  
3060 54th Street  
San Diego, CA 92105  
Enter through 54th Frontage St. Go to the one-story building behind the church building.  
**Food Distribution Days & Hours:** COVID-19 hours Monday & Wednesday 11:00 am – 2:00 pm  
**August Holiday Closures:** August 7

**Location:** CMC Good Neighbor Center (Meade Site)  
3295 Meade Avenue  
San Diego, CA92116  
Corner Street is 33rd Street. Distribution is inside Christ Methodist Church; entrance behind building.  
**Food Distribution Days & Hours:** COVID-19 hours Wednesdays from 10:00 am - 12:00 pm

**Location:** Grace Church of San Diego  
4637 Oregon Street  
San Diego, CA 92116  
Crossing street is Madison Avenue  
**Food Distribution Days & Hours:** 2nd Wednesday from 6:00 pm - 8:00 pm

Updated 7/31/2020
**NORTH COUNTY**

**Location:** North County Food Bank  
1445 Engineer Street, Suite #110  
Vista, CA 92081  
Nearest major intersection is Sycamore and S. Melrose.  
**Food Distribution Days & Hours:** Monday - Friday 9:00 am - 5:00 pm; no appointment needed; if carpooling, must show proof of different addresses

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**Location:** Brother Benno Foundation  
3260 Production Avenue  
Oceanside, CA 92058  
Between Roymar Road and Airport Road  
**Food Distribution Days & Hours:** Monday - Friday from 6:30 am - 10:45 am & 11:30 am - 12:00 pm

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**Location:** Community Resource Center  
650 Second Street  
Encinitas, CA 92024  
Between E and F Street  
**Food Distribution Days & Hours:** Monday - Friday from 8:30 am - 12:30 pm

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**Location:** Ramona Food & Clothes Closet Incorporated (in donation drop off area)  
773 Main Street  
Ramona, CA 92065  
Between 7th Street & 8th Street, parking lot in the back  
**Food Distribution Days & Hours:** Monday – Friday 10:00 am – 4:00 pm

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**Location:** Christian Credit Counselors  
5838 Edison Place # 130  
Carlsbad, CA 92008  
From Camino Vida Roble, drive into Edison Place, 1st parking lot entrance on your left. This is an OFFICE building.  
**Food Distribution Days & Hours:** Monday - Friday from 8:00 am - 4:00 pm

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**Location:** The Community Food Connection  
14047 Twin Peaks Road  
Poway, CA 92064  
Passing Twin Peaks Middle School just before CIRCLE K behind Trinity Church  
**Food Distribution Days & Hours:** Mondays, Wednesdays, & Fridays from 3:00 pm - 6:00 pm

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**Location:** The Foundry Community Church  
120 North Ash Street  
Escondido, CA 92027  
Between East Ohio Street and East Grand Avenue  
**Food Distribution Days & Hours:** Tuesdays & Thursdays from 11:00 am - 1:00 pm; Wednesdays from 4:00 pm - 6:00 pm

Updated 7/31/2020
Location: Fallbrook Food Pantry  
140 N. Brandon Road  
Fallbrook, CA 92028  
Food Distribution Days & Hours: 3rd week of the Month (Monday - Friday) 9:30 am - 12:30 pm

Location: In His Steps Christian Home  
1619 La Brea Street  
Ramona, CA 92065  
Close to Day Street  
Food Distribution Days & Hours: Wednesday after 3rd Tuesday of the month 8:00 am - 11:00 am

EAST COUNTY & RURAL

Location: Lakeside Christian Helps Center  
9931 Channel Road  
Lakeside, CA 92040  
Crossing Street Wintergardens  
Food Distribution Days & Hours: Monday-Thursdays from 10:00 am to 12:00 pm

Location: Stepping Higher Incorporated  
9923 Campo Road, Suite A  
Spring Valley, CA 91977  
Food Distribution Days & Hours: Tuesdays - Thursdays from 10:00 am – 1:00 pm

Location: Heaven's Windows  
8848 Troy Street  
Spring Valley, CA 91977  
At Goodland Acres County Park  
Food Distribution Days & Hours: COVID-19 Hours: Tuesday - Friday from 9:00 am - 12:00 pm

Location: Salvation Army at Lake Morena Community Church  
29765 Oak Drive  
Campo, CA 91906  
Food Distribution Days & Hours: Wednesday after 2nd Monday of the month from 12:00 pm - 1:00 pm

Location: Salvation Army at Guatay  
27521 Old Hwy 80  
Guatay, CA 91931  
Christian Fellowship Church, Parking Lot across from Liquor Store  
Food Distribution Days & Hours: Wednesday after the 2nd Monday of the month from 9:30 am - 10:30 am

Location: Salvation Army - El Cajon  
1025 East Main Street  
El Cajon, CA 92021  
Cross street is Anza  
Food Distribution Days & Hours: 3rd Wednesday of the month 9:30 am - until food is gone  
Helpful Tip: Line numbers issued at 9:00 am, you can leave the line
SOUTH BAY

Location: Hearts & Hands Working Together
663 E San Ysidro Boulevard
San Ysidro, CA 92173
At San Ysidro Community Service Center. Distribution happens in the back of the building; wire fence door at far left of parking lot will open exactly at distribution time.
Food Distribution Days & Hours: COVID-19 hours: Monday - Friday from 3:00 pm - 5:30 pm

Location: Lutheran Social Services - Project Hand
580 Hilltop Drive
Chula Vista, CA 91910
East H Street on the cross street of "I" Street
*Currently no parking out front of distribution (due to construction). Participants may enter the Church on the north side and walk south to "I" street to the door for food distribution.
Food Distribution Days & Hours: Mondays, Wednesdays and Fridays from 9:00 am - 2:00 pm

Location: National City Collaborative at 18th Street
304 West 18th Street
National City, CA 91950
Cross street is Hoover, between Mile of Cars and Fwy 5, near Kimball Elementary School
Food Distribution Days & Hours: Tuesdays, Wednesdays, and Thursdays from 8:00 am - 12:00 pm

Location: Oxford Terrace Apartments
555 Oxford Street
Chula Vista, CA 91911
Crossing Street Broadway, near Costco
Food Distribution Days & Hours: COVID-19 Hours: Wednesday before the 2nd Friday 9:00 am - 1:00 pm

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See next page for Thursday, Friday, and Saturday distributions
25 new locations have been opened through partnership with Catholic Charities Dioceses of San Diego’s Emergency Food Distribution Network.
COVID-19: Review locations and schedule a pick-up or delivery at www.ccdsd.org/efdn or by phone (619) 323-2841 follow the prompts (option 2) English, Spanish, and Vietnamese

**CENTRAL**

**Location:** Jewish Family Service of San Diego  
8804 Balboa Avenue  
San Diego, CA 92123  
Near Coleman University. Distribution happens at the building on your left as you enter parking lot; reception area.  
**Food Distribution Days & Hours:** COVID-19 hours: Monday – Friday 11:00 am – 1:00 pm

**Location:** Community Christian Service Agency  
4167 Rappahannock Avenue  
San Diego, CA 92117  
North of Linda Vista Road, cross street is Clairemont Drive  
**Food Distribution Days & Hours:** Monday - Friday from 9:30 am - 3:00 pm

**Location:** Unions United, United Way of San Diego County  
4699 Murphy Canyon Road  
San Diego, CA 92123  
**Food Distribution Days & Hours:** Tuesday – Friday from 8:00 am – 4:30 pm by appointments only (858) 636-4116.

**Location:** New Life Christian Covenant Church  
2130 Saipan Drive  
San Diego, CA 92139  
Between Alleghany Street & Potomac St. Distribution happens in the back of the Church. Lights at lot turns on as you drive in.  
**Food Distribution Days & Hours:** Tuesdays and Thursdays from 4:00 pm - 6:00 pm

**Location:** St Paul United Methodist Church of San Diego  
3094 L Street  
San Diego, CA 92102  
Cross street is 31st St. Distribution takes place in back of the Church, go up the alley way; entrance will be on your left.  
**Food Distribution Days & Hours:** COVID-19 hours: Every Thursday 12:00 pm - 2:00 pm

**Location:** New Hope Seventh Day Adventist Church  
2420 52nd Street  
San Diego, CA 92105  
Enter 54th Street turn on Laurel Street
**Food Distribution Days & Hours:** Thursday before the 1st Friday from 9:00 am - 11:00 am  
**Helpful Tip:** Line numbers issued at 8:00 am, you can leave the line, special lines those persons with disabilities and seniors

**Location:**  
St Agnes Church  
1145 Evergreen Street  
San Diego, CA 92106  
Near Portugal and Rosecrans in Point Loma

**Food Distribution Days & Hours:** 4th Thursday of the month from 8:30 am - 10:00 am  
**Helpful Tip:** Line numbers issued at 8:00 am, you cannot leave the line, special lines for persons with disabilities

**Location:**  
Apostolic Assembly First Church San Diego  
611 South 35th St  
San Diego, CA 92113  
South on 35th St, past Correctional Alternatives, will be on your left hand side.

**Food Distribution Days & Hours:** Thursday before the 1st Friday of the month from 10:00 am - 12:00 pm

**Location:**  
Encanto Southern Baptist Church  
6020 Akins Avenue  
San Diego, CA 92114  
Street runs parallel to Imperial Ave. Distribution happens on the left side of main church building.

**Food Distribution Days & Hours:** Thursday before the 1st Friday of the month from 11:00 am - 12:30 pm

**NORTH COUNTY**

**Location:**  
North County Food Bank  
1445 Engineer Street, Suite #110  
Vista, CA 92081  
Nearest major intersection is Sycamore and S. Melrose.

**Food Distribution Days & Hours:** Monday - Friday 9:00 am - 5:00 pm; no appointment needed; if carpooling, must show proof of different addresses

**Location:**  
Brother Benno Foundation  
3260 Production Avenue  
Oceanside, CA 92058  
Between Roymar Road and Airport Road

**Food Distribution Days & Hours:** Monday - Friday from 6:30 am - 10:45 am & 11:30 am - 12:00 pm

**Location:**  
Community Resource Center  
650 Second Street  
Encinitas, CA 92024  
Between E and F Street

**Food Distribution Days & Hours:** Monday - Friday from 8:30 am - 12:30 pm

**Location:**  
Ramona Food & Clothes Closet Incorporated (in donation drop off area)  
773 Main Street
Ramona, CA 92065
Between 7th Street & 8th Street, parking lot in the back

**Food Distribution Days & Hours:** Monday – Friday 10:00 am – 4:00 pm

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**Location:** Christian Credit Counselors
5838 Edison Place # 130
Carlsbad, CA 92008

From Camino Vida Roble, drive into Edison Place, 1st parking lot entrance on your left. This is an OFFICE building.

**Food Distribution Days & Hours:** Monday - Friday from 8:00 am - 4:00 pm

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**Location:** The Foundry Community Church
120 North Ash Street
Escondido, CA 92027

Between East Ohio Street and East Grand Avenue

**Food Distribution Days & Hours:** Tuesdays & Thursdays from 11:00 am - 1:00 pm; Wednesdays from 4:00 pm - 6:00 pm

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**Location:** Fallbrook Food Pantry
140 N. Brandon Road
Fallbrook, CA 92028

**Food Distribution Days & Hours:** 3rd week of the Month (Monday - Friday) 9:30 am - 12:30 pm

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**EAST COUNTY & RURAL**

**Location:** Lakeside Christian Helps Center
9931 Channel Road
Lakeside, CA 92040

Crossing Street Wintergardens

**Food Distribution Days & Hours:** Monday-Thursday from 10:00 am to 12:00 pm

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**Location:** La Mesa Seventh Day Adventist Community Church
4207 Spring Gardens Road
La Mesa, CA 91941

Across Spring Street next to Sunny Donut Shop

**Food Distribution Days & Hours:** Mondays, Tuesdays, & Thursdays from 9:00 am - 12:00 pm

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**Location:** Stepping Higher Incorporated
9923 Campo Road, Suite A
Spring Valley, CA 91977

**Food Distribution Days & Hours:** Tuesdays - Thursdays from 10:00 am – 1:00 pm

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**Location:** Heaven’s Windows
8848 Troy Street
Spring Valley, CA 91977

At Goodland Acres County Park

**Food Distribution Days & Hours:** COVID-19 Hours: Tuesday - Friday from 9:00 am - 12:00 pm
Location: Hearts & Hands Working Together  
663 E San Ysidro Boulevard  
San Ysidro, CA 92173  
At San Ysidro Community Service Center. Distribution happens in the back of the building; wire fence door at far left of parking lot will open exactly at distribution time.

**Food Distribution Days & Hours:** COVID-19 hours: Monday - Friday from 3:00 pm - 5:30 pm

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Location: National City Collaborative at 18th Street  
304 West 18th Street  
National City, CA 91950  
Cross street is Hoover, between Mile of Cars and Fwy 5, near Kimball Elementary School

**Food Distribution Days & Hours:** Tuesdays, Wednesdays, and Thursdays from 8:00 am - 12:00 pm

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Location: Imperial Beach Neighborhood Center  
455 Palm Avenue  
Imperial Beach, CA 91932  
Between Sea Village Drive and 5th Street

**Food Distribution Days & Hours:** Thursday before the 2nd Friday from 9:00 am - 11:00 am  
**Helpful Tip:** Special lines for persons with disabilities

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See next page for Friday, and Saturday distributions

Updated 7/31/2020
25 new locations have been opened through partnership with Catholic Charities Dioceses of San Diego’s Emergency Food Distribution Network.

COVID-19: Review locations and schedule a pick-up or delivery at www.ccdsd.org/efdn or by phone (619) 323-2841 follow the prompts (option 2) English, Spanish, and Vietnamese

CENTRAL

Location: Jewish Family Service of San Diego
8804 Balboa Avenue
San Diego, CA 92123
Near Coleman University. Distribution happens at the building on your left as you enter parking lot; reception area.

Food Distribution Days & Hours: COVID-19 hours: Monday – Friday 11:00 am – 1:00 pm

Location: Community Christian Service Agency
4167 Rappahannock Avenue
San Diego, CA 92117
North of Linda Vista Road, cross street is Clairemont Drive

Food Distribution Days & Hours: Monday - Friday from 9:30 am - 3:00 pm

Location: Unions United, United Way of San Diego County
4699 Murphy Canyon Road
San Diego, CA 92123

Food Distribution Days & Hours: Tuesday – Friday from 8:00 am – 4:30 pm by appointments only (858) 636-4116

Location: The Salvation Army Centre City
825 7th Avenue
San Diego, CA 92101

Food Distribution Days & Hours: 3rd Friday of the month from 9:00 am - 11:00 am

Location: Sherman Heights Community Center
2258 Island Avenue
San Diego, CA 92102
Between Market and 24th Street

Food Distribution Days & Hours: 1st Friday of the month from 9:00 am - 12:00 pm
Helpful Tip: Line numbers issued at 5:00 am, you can leave the line, special lines for persons with disabilities and seniors

Location: Food Pantry at Chollas View Church
904 47th Street
San Diego, CA 92102
Parking lot of Chollas View United Methodist Church

Food Distribution Days & Hours: 3rd Friday of the month from 12:00 pm - 2:00 pm
Secondary COVID-19 distribution: Saturday, June 6, 10:00 am - 12:00 pm
Location: Good News Baptist Church  
4106 Swift Ave  
San Diego, CA 92104

**Food Distribution Days & Hours:** 1st Friday of the month from 9:00 am - 11:00 am
**Helpful Tip:** Line numbers issued at 7:00 am, you can leave the line, special lines for persons with disabilities and seniors

Location: MAAC Project at Hillside Views  
COVID-19: Big Lots! 1655 Euclid Avenue  
San Diego, CA 92105  
Near 94 Fwy Kelton exit

**Food Distribution Days & Hours:** 1st Friday of the month from 9:00 am - until food is gone
**Helpful Tip:** Line numbers issued at 7:30 am, you can leave the line, special lines for persons with disabilities and seniors

Location: MAAC Project at Mercado Apartments  
2001 Newton Avenue  
San Diego, CA 92113  
Serves western area of 92113 by Logan Street and Main Street

**Food Distribution Days & Hours:** 1st Friday of the month from 9:00 am - until food is gone
**Helpful Tip:** Line numbers issued at 8:30 am, you can leave the line, no special lines for persons with disabilities and seniors

Location: Ascension Lutheran Church  
5106 Zion Avenue  
San Diego, CA 92120

**Food Distribution Days & Hours:** 1st Friday of the month from 9:00 am - 10:00 am
**Helpful Tip:** Line numbers issued at 8:00 am, you cannot leave the line, special lines for persons with disabilities

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**NORTH COUNTY**

Location: North County Food Bank  
1445 Engineer Street, Suite #110  
Vista, CA 92081  
Nearest major intersection is Sycamore and S. Melrose.

**Food Distribution Days & Hours:** Monday - Friday 9:00 am - 5:00 pm; no appointment needed; if carpooling, must show proof of different addresses

Location: Brother Benno Foundation  
3260 Production Avenue  
Oceanside, CA 92058  
Between Roymar Road and Airport Road

**Food Distribution Days & Hours:** Monday - Friday from 6:30 am - 10:45 am & 11:30 am - 12:00 pm

Location: Community Resource Center  
650 Second Street
Food Distribution Days & Hours: Monday - Friday from 8:30 am - 12:30 pm

Location: Ramona Food & Clothes Closet Incorporated (in donation drop off area)
773 Main Street
Ramona, CA 92065
Between 7th Street & 8th Street, parking lot in the back

Food Distribution Days & Hours: Monday – Friday 10:00 am – 4:00 pm

Location: Christian Credit Counselors
5838 Edison Place # 130
Carlsbad, CA 92008
From Camino Vida Roble, drive into Edison Place, 1st parking lot entrance on your left. This is an OFFICE building.

Food Distribution Days & Hours: Monday - Friday from 8:00 am - 4:00 pm

Location: The Community Food Connection
14047 Twin Peaks Road
Poway, CA 92064
Passing Twin Peaks Middle School just before CIRCLE K behind Trinity Church

Food Distribution Days & Hours: Mondays, Wednesdays, & Fridays from 3:00 pm - 6:00 pm

Location: Fallbrook Food Pantry
140 N. Brandon Road
Fallbrook, CA 92028

Food Distribution Days & Hours: 3rd week of the Month (Monday - Friday) 9:30 am - 12:30 pm

Location: Jewish Family Service at San Diego Armed Services YMCA at Camp Pendleton
Building 200090 Ash Road, Wire Mountain Road
Oceanside, CA 92058
Must have ability to access Marine Corps Base Camp Pendleton to get to this site

Food Distribution Days & Hours: 4th Friday of the month from 10:00 am - 12:00 pm

**SOUTH BAY**

Location: Hearts & Hands Working Together
663 E San Ysidro Boulevard
San Ysidro, CA 92173
At San Ysidro Community Service Center. Distribution happens in the back of the building; wire fence door at far left of parking lot will open exactly at distribution time.

Food Distribution Days & Hours: COVID-19 hours: Monday - Friday from 3:00 pm - 5:30 pm

Location: Lutheran Social Services - Project Hand
580 Hilltop Drive
Chula Vista, CA 91910
East H Street on the cross street of "I" Street
*Currently no parking out front of distribution (due to construction). Participants may enter the Church on the north side and walk south to “I” street to the door for food distribution.

**Food Distribution Days & Hours:** Mondays, Wednesdays and Fridays from 9:00 am - 2:00 pm

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**Location:** First Christian Church of National City  
1800 East 17th Street  
National City, CA 91950  
Between Palm Avenue and Hwy 805  
**Food Distribution Days & Hours:** Every Friday of the month from 9:00 am - 10:30 am

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**Location:** Lutheran Social Services of SoCal Project Hand  
580 Hilltop Drive  
Chula Vista, CA 91910  
East H Street on the cross street of “I” Street  
**Food Distribution Days & Hours:** 2nd Friday of the month from 9:00 am until food is gone  
**Helpful Tip:** Special lines for those who are disabled.

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**Location:** Community Food Bank of National City  
2605 Highland Avenue  
National City  91950  
At Highland Avenue Baptist Church between 30th and 24th Street  
**Food Distribution Days & Hours:** 2nd Friday of the month from 9:00 am - 11:00 am  
**Helpful Tip:** Line numbers issued at 7:00 am, you can leave the line

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**Location:** Nestor Methodist Church  
1120 Nestor Way  
Nestor, CA 92154  
Entrance by Coronado Ave across from Swap Meet  
**Food Distribution Days & Hours:** 2nd Friday of the month from 8:00 am - until food is gone  
**Helpful Tip:** Line numbers issued at 5:30 am, you can leave the line, no special lines for persons with disabilities

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**Location:** Hearts & Hands Working Together  
Drive Thru Distribution at San Ysidro Middle School  
4345 Otay Mesa Road  
San Ysidro, CA 92154  
Two families per vehicle  
**Food Distribution Days & Hours:** 2nd Friday of the month from 8:00 am - 11:00 am  
**Helpful Tip:** Line numbers issued at 7:00 am, special lines for seniors and persons with disabilities

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**EAST COUNTY & RURAL**

**Location:** Heaven's Windows  
8848 Troy Street  
Spring Valley, CA 91977  
At Goodland Acres County Park  
**Food Distribution Days & Hours:** COVID-19 Hours: Tuesday - Friday from 9:00 am - 12:00 pm

*Updated 7/31/2020*
Location: Mt Moriah Christian Church  
7055 Carroll Road  
San Diego, CA 92121  
Church is at a business park. Distribution happens behind the church.  
**Food Distribution Days & Hours:** Saturdays from 9:00 am - 11:00 am

Location: Grace Church of San Diego  
4637 Oregon Street  
San Diego, CA 92116  
Crossing street is Madison Avenue  
**Food Distribution Days & Hours:** 1st and 4th Saturday from 9:00 am - 11:00 am

Location: Ladle Fellowship  
320 Date Street  
San Diego, CA 92101  
Between 3rd and 4th Avenue  
**Food Distribution Days & Hours:** 2nd Saturday from 9:30 am - 11:00 am

Location: San Diego Broadway Spanish Seventh Day Adventist  
2411 Broadway Street  
San Diego, CA 92102  
Cross street is 24th Street (Golden Hill)  
**Food Distribution Days & Hours:** COVID-19 Hours: 1st Saturday of the month, 3:00 pm – 6:00 pm.  
**Helpful Tip:** Line numbers issued at 1:30 pm, you can leave the line, special lines for persons with disabilities

Location: Mesa View Baptist Church  
13230 Pomerado Road  
Poway, CA 92064  
Corner with Rimbach Road  
**Food Distribution Days & Hours:** Every Saturday from 9:00 to 11:00 am

Location: Serving & Sharing Foundation Incorporated  
31020 Cole Grade Road  
Valley Center, CA 92082  
Behind St Stephen’s Catholic Church. Enter parking lot the far right of the building and drive down to the back.  
**Food Distribution Days & Hours:** 4th Saturday of the month from 10:00 am - 12:00 pm
Location: Bethlehem Food Pantry
772 S. Johnson Avenue
El Cajon, CA 92020
Entrance is through the gate on Grant Avenue
Across the street from First United Methodist Church

Distribution Days & Hours: Saturday after 3rd Tuesday of the month from 9:00 am - 11:00 am

For future distributions, please check back on our website:
SanDiegoFoodBank.org/GetHelp

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