



Food Assistance Available in San Diego

The following local food assistance resources are available for those who may need food support and meal delivery services.

Jacobs & Cushman San Diego Food Bank

- **Miramar Location:** Call (858) 527-1419
- **Escondido Location:** Call (858) 527-1419
- **Toll-Free Number:** 1-866-350-FOOD (3663)
- **Website:** sandiegofoodbank.org
- **Description:** Offers a wide network of food distribution sites across San Diego County. Visit the website for a full list of locations, hours, and distribution details.

Feeding San Diego

- **Website:** feedingsandiego.org
- Text “food” or “comida” to 877-877 to find the nearest food distribution site.
- **Description:** Website provides a searchable list of food pantries, including hours of operation and how food is distributed.

Meals on Wheels San Diego County

- **Call:** (619) 260-6110
- **Website:** www.meals-on-wheels.org
- **Description:** Delivers meals to individuals who are unable to shop or cook for themselves.
- If you or someone you know is **over the age of 60**, please contact them for more information.

Mama's Kitchen

- **Call:** (619) 233-6262
- **Website:** mamaskitchen.org
- **Description:** Offers home-delivered meals to individuals diagnosed with a critical illness who cannot prepare meals independently.
- A **referral form** must be completed by a medical professional (e.g., case manager, doctor, nurse, or social worker).

Jewish Family Service of San Diego

- **Call:** (858) 367-3210
- **Programs Include:**
 - **Foodmobile:** Delivers meals to adults 60+ and young adults with disabilities who are homebound.
 - **Hand Up Food Pantry:** Offers an onsite Corner Market and community food distributions for military and low-income families.

2-1-1 San Diego

- **Call:** 2-1-1 (available 24/7)
- **Description:** A free, confidential hotline that connects individuals and families to local food pantries, meal programs, and food distribution sites. Operators are available around the clock to provide referrals and support in multiple languages.