

FOOD RESOURCES



How can I
get food
assistance?

Please call 2-1-1, San Diego County's social services hotline, to find a food provider in your neighborhood. 2-1-1 can tell you where and how to get emergency food assistance. The call center is available 24 hours a day, 7 days a week in more than 150 languages.



What type of food assistance is available to me?

CalFresh Program

CalFresh issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

Emergency Food Assistance Program

This federal program helps low-income individuals and families, including the elderly, by providing emergency food and nutrition assistance at no cost.

To see if you qualify, call 2-1-1 or go to your nearest food distribution site. At the site you will be asked to give your name and address, household income, and the number of people living in your home. Documentation is not required to register.

After signing up, you will be entitled to receive a monthly food package from the nearest distribution site within your ZIP code.

Neighborhood Distribution Programs

There are absolutely no requirements or documentation needed to receive food from the San Diego Food Bank Neighborhood Distribution sites. Food is available once a month at each of the 12 sites across San Diego County.

Senior Food Programs

The Senior Food Program provides monthly supplemental food packages to income-eligible senior citizens ages 60 and over. Call the Food Bank 1-866-350-FOOD (3663) or 2-1-1 to see if you qualify. If so, the representative will give you the location and hours of your nearest food distribution site based on your ZIP code.

Other Food Programs (Women, Infants and Children [WIC], Hot Meals, Food Pantries, Home Delivered Meals)

For more information on these food programs and to see if you qualify, call 2-1-1.