

Jacobs & Cushman San Diego Food Bank Emergency Food Assistance Program



About the Emergency Food Assistance Program:

The Jacobs & Cushman’s 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.

Emergency Food Assistance Program Income Guidelines		
Household Size	Monthly Household Income	Annual Household Income
1	\$ 2,498.83	\$ 29,986.00
2	\$ 3,376.17	\$ 40,514.00
3	\$ 4,253.50	\$ 51,042.00
4	\$ 5,130.83	\$ 61,570.00
5	\$ 6,008.17	\$ 72,098.00
6	\$ 6,885.50	\$ 82,626.00
Each additional member	add \$877.33 each	add \$10,528 each

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, audiotope, 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.

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
Home Delivery	Catholic Charities Emergency Food Distribution Network	Delivery service throughout San Diego County made possible by the network of 21 parishes		Request delivery at www.ccdsd.org/efdn or call (619) 323-2841 follow the prompts (option 2); phone options in English, Spanish and Vietnamese	<i>No holiday closures scheduled</i>	Delivery service is intended for seniors and disabled who cannot attend distribution sites
Central	Old Town Community Church	2444 Congress Street San Diego, CA 92110	Between San Diego Avenue and Conde Street	Monday - Wednesday 12:00 pm - 3:00 pm	Closed on: May 31 September 6	Walk-ins
Central	Jewish Family Service of San Diego	8804 Balboa Avenue San Diego, CA 92123		Monday - Friday 10:00 am - 1:00 pm	Closed on: January 1, 18 March 29 May 17, 18, 31 July 5 September 6-8, 16, 21-22 November 25-26 December 24, 31	Drive-thru
Central	Community Christian Service Agency	4167 Rappahannock Avenue San Diego, CA 92117	North of Linda Vista Road; cross street is Clairemont Drive	Monday - Friday 9:30 am - 3:30 pm	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 11, 25, 26 December 24	Walk-ins
Central	Unions United, United Way of San Diego County	4699 Murphy Canyon Road San Diego, CA 92123		Tuesday - Friday 8:00 - 4:30 pm BY APPOINTMENT ONLY	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 11, 25, 26 December 24, 27, 31	Call (858) 636-4116 to schedule

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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Central	Calvary Evangelical Lutheran Church	3060 54th Street San Diego , CA 92105	Enter through 54th Frontage Street; enter the one-story building in back of the church building	Mondays & Wednesdays 11:00 am - 2:00 pm	Closed on: January 20 February 17 March 31 April 10 May 25 July 3 August 7 September 7 October 12 November 11, 25, 26, 27 December 24, 25, 31	Walk-ins
	CMC Good Neighbor Center (Meade Site)	3295 Meade Avenue San Diego , CA 92116	Cross street is 33rd Street; distribution is inside Christ Methodist Church; entrance behind building	Wednesdays 10:00 am - 12:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
Central	California Independent Provider Training Center	4855 Seminole Drive San Diego , CA 92115		4th Friday of the month 10:00 am - 12:00 pm	<i>No holiday closures scheduled</i>	Drive-thru
Central	Stepping Higher Incorporated	138 28th Street San Diego , CA 92102		Tuesdays - Thursdays 10:00 am - 1:00 pm	Closed on: January 1 - 18	Walk-ins
Central	Greater Victory Baptist Church	1045 South 29th Street San Diego , CA 92113	Between National Avenue and Newton Avenue	Thursdays 10:00 am - 12:00 pm	Closed on: November 11, 25 December 23	Walk-ins
Central	New Life Christian Covenant Church	2130 Saipan Drive San Diego , CA 92139	Between Alleghany Street and Potomac Street; distribution happens in the back of the church; lights at lot turns on as you drive in	Tuesdays & Thursdays 3:00 pm - 5:00 pm	Closed on: November 11, 25	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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Central	Uptown Faith Community Service Center	3725 30th Street San Diego , CA 92104	Distribution takes place on corner of Landis and 30th street	Mondays & Fridays 3:00 pm - 6:00 pm	Closed on: September 6 December 24 December 31	Drive-thru
Central	Grace Church of San Diego	4637 Oregon Street San Diego , CA 92116	Cross street is Madison Avenue	4th Saturday of the month 9:30 am -11:30 am	Closed on: January 2 September 4 November 27 December 25	Walk-ins
Central	St Paul United Methodist Church of San Diego	3094 L Street San Diego , CA 92102	Cross street is 31st Street	Thursdays 12:00 pm - 3:00 pm	Closed on: November 25	Walk-ins
Central	New Hope Seventh Day Adventist Church	2420 52nd Street San Diego , CA 92105	Enter 54th Street turn on Laurel Street	Thursday before the 1st Friday of the month 9:00 am - 11:00 am	Rescheduled to: 12/29/20 in January 9/30/21 in October	Line numbers issued at 8:00 am; you can leave the line; special lines those persons with disabilities and seniors
Central	St Agnes Church	1145 Evergreen Street San Diego , CA 92106	Near Portugal and Rosecrans in Point Loma	4th Thursday of the month 8:30 am - 10:00 am	Rescheduled to: 11/18/21 in November 12/16/21 in December	Line numbers issued at 8:00 am; you cannot leave the line; special lines for persons with disabilities
Central	Apostolic Assembly First Church San Diego	611 South 35th St San Diego , CA 92113	South on 35th St, past Correctional Alternatives, on left hand side	Thursday before the 1st Friday of the month 10:00 am - 12:00 pm	Rescheduled to: 12/29/20 in January 9/30/21 in October	Walk-ins
Central	Encanto Southern Baptist Church	6020 Akins Ave San Diego , CA 92114	Street runs parallel to Imperial Avenue; distribution on left side of main church building	Thursday before the 1st Friday of the month 11:00 am - 12:30 pm	Rescheduled to: 12/29/20 in January 9/30/21 in October	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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Central	San Diego Armed Services YMCA	3293 Santo Road San Diego, CA 92124	Distribution in parking lot	4th Thursday of the month 10:00 am - 12:00 pm	Rescheduled to: 11/18 in November 12/16 in December	Line numbers issued at 9:00 am; all military welcome; you can leave the line; special lines for persons with disabilities
Central	The Salvation Army Centre City	825 7th Avenue San Diego, CA 92101		3rd Friday of the month 9:00 am - 11:00 am	No holiday closures scheduled	Walk-ins
Central	Sherman Heights Community Center	2258 Island Avenue San Diego, CA 92102	Between Market and 24th Street	1st Friday of the month 9:00 am - 12:00 pm	Rescheduled to: 12/30/2020 in January	Line numbers issued at 5:00 am; you can leave the line; special lines for persons with disabilities and seniors
Central	Food Pantry at Chollas View Church	1005 47th Street San Diego, CA 92102	Parking lot of Gompers Preparatory Academy	Saturdays 10:00 am - 12:00 pm	No holiday closures scheduled	Drive-thru
Central	Good News Baptist Church	4106 Swift Ave San Diego, CA 92104	Between University and Orange Avenue	1st Friday of the month 9:00 am - 11:00 am	Rescheduled to: 12/30/2020 in January	Line numbers issued at 7:00 am; you can leave the line; special lines for persons with disabilities and seniors

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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Central	Mid-City Church of the Nazarene	4101 University Avenue San Diego , CA 92105		1st Saturday of the month 9:00 am - 11:00 am	Rescheduled to: 7/10/21 in July 9/11/21 in September	
Central	MAAC Project at Hillside Views	1655 Euclid Avenue San Diego , CA 92105	Big Lots! Parking lot	1st Friday of the month 9:00 am until food is gone	Rescheduled to: 12/30/2020 in January	Line numbers issued at 7:30 am; you can leave the line; special lines for persons with disabilities and seniors
Central	MAAC Project at Mercado Apartments	2001 Newton Avenue San Diego , CA 92113	Near Logan Street and Main Street	1st Friday of the month 9:00 am until food is gone	Rescheduled to: 12/30/2020 in January	Line numbers issued at 8:30 am; you can leave the line
Central	Ascension Lutheran Church	5106 Zion Avenue San Diego , CA 92120	East Mission Gorge Road West Waring Street	1st Friday of the month 8:30 am - 10:30 am; Tuesdays & Saturdays 8:30 am - 10:30 am	Holiday Closures: January 2 December 25	Line numbers issued at 8:00 am; you cannot leave the line; special lines for persons with disabilities
Central	Ladle Fellowship	320 Date Street San Diego , CA 92101	Between 3rd and 4th Avenue	2nd Saturday of the month 9:30 am - 11:00 am	<i>No holiday closures scheduled</i>	Walk-ins
Central	San Diego Broadway Spanish Seventh Day Adventist	2411 Broadway Street San Diego , CA 92102	Cross street is 24th Street	1st Saturday of the month 1:00 pm until food is gone	Closed on: January 9 February 6 Rescheduled to: 7/10/21 in July	Line numbers issued at 1:00 pm; you can leave the line; special lines for persons with disabilities

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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Central	Mt Moriah Christian Church	7055 Carroll Road San Diego , CA 92121	Church is at a business park; distribution behind church	Saturdays 9:00 am - 11:00 am	Closed on: January 2 November 27 December 25	Walk-ins
	St Barnabas Episcopal Church	2680 Country Club Drive Borrego Springs , CA 92004	Between Stirrup Road and Church Rd	Monday before 3rd Tuesday of the month 12:30 pm - 4:30 pm	Rescheduled to: 1/25/21 in January 2/22/21 in February	Drive-thru
East County	San Diego Food Bank at Back Country Boulevard	39919 Ribbonwood Road Boulevard , CA 91905		2nd Monday of the month 10:00 am - 11:00 am	Rescheduled to: 10/18/21 in October	Walk-ins
East County	Salvation Army at Lake Morena Community Church	29765 Oak Drive Campo , CA 91906	At Lake Morena Church	2nd Wednesday of the month 12:00 pm - 1:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
East County	Salvation Army - El Cajon	1025 East Main Street El Cajon , CA 92021	Cross street is Anza	3rd Wednesday of the month 9:30 am until food is gone	<i>No holiday closures scheduled</i>	Line numbers issued at 9:00 am; you can leave the line
East County	Bethlehem Food Pantry	772 S Johnson Avenue El Cajon , CA 92020	Across the street from First United Methodist Church; entrance is through the gate on Grant Avenue	Saturday after 3rd Tuesday of the month 8:00 am - 10:00 am	<i>No holiday closures scheduled</i>	Walk-ins
East County	Salvation Army at Guatay	27521 Old Hwy 80 Guatay , CA 91931	Christian Fellowship Church; parking lot across from liquor store	2nd Wednesday of the month 9:30 am - 10:30 am	<i>No holiday closures scheduled</i>	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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East County	San Diego Food Bank at Back Country Jacumba	45612 Old Highway 80 Jacumba, CA 9134		2nd Monday of the month 12:30 pm - 1:30 pm	Rescheduled to: 10/18/21 in October	Walk-ins
	La Mesa Seventh Day Adventist Community Church	4207 Spring Gardens Road La Mesa, CA 91941	Across Spring Street; next to Sunny Donut Shop	Monday, Tuesday & Thursday 9:00 am - 12:00 pm	Closed on: January 1 May 31 July 5 September 6 November 25 December 25	Walk-ins
	Lakeside Christian Helps Center	9931 Channel Road Lakeside, CA 92040	Cross street is Woodside Avenue	Monday - Thursdays 10:00 am - 12:00 pm	Closed on: January 18 February 15 May 31 July 5 September 6 October 11 November 25 December 27-30	Walk-ins
	MAAC Project Villa Lakeshore Apartments	12606 Lakeshore Drive Lakeside, cA 92040	In front of Lindo Lake Place	3rd Tuesday of the month 10:00 am until food is gone	<i>No holiday closures scheduled</i>	Drive-thru
	Potrero Community Center Foundation	24954 Potrero Valley Road Potrero, CA 91963	At junction with Broken Bone Lane	3rd Tuesday of the month 10:00 am - 1:00 pm; and by appointment call (619) 587-2964	<i>No holiday closures scheduled</i>	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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East County	Santee Food Bank	9715 Halberns Boulevard Santee , CA 92071	At Carlton Hills Evangelical Lutheran Church facility; distribution behind building	3rd Tuesday 9:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Walk-ins
	MAAC Project at San Martin de Porres Apartments	8585 Blossom Lane Spring Valley , CA 91977	Mount Miguel High School, Lower parking lot	3rd Tuesday of the month 9:00 am - 12:00 pm	<i>No holiday closures scheduled</i>	Drive-thru & Walk-ins
	New Life Baptist Church	9255 Lamar Street Spring Valley , CA 91977	East Helix Street; South 125 Hwy	3rd Tuesday of the month 12:30 pm - 3:00 pm	<i>No holiday closures scheduled</i>	
	Heaven's Windows	8848 Troy Street Spring Valley , CA 91977	At Goodland Acres County Park	Tuesday - Friday 9:00 am - 12:00 pm	Closed on: January 1-4, 15-18, 20-30 February 12-15 April 2 May 28-31 July 2-5 September 3-6 October 8-11 November 11, 25-26 December 23- 31	Walk-ins
	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	Monday - Friday 8:00 am - 4:00 pm	Closed on: January 1 February 15 April 2, 5 May 31 July 5 September 6 November 24, 25 December 24, 27	Walk-ins
North County						

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

Region	Agency Name	Address	Driving Directions	Hours	2021 Holiday closures or rescheduled	Notes
North County	Pilgrim United Church of Christ	2020 Chestnut Avenue Carlsbad , CA 92008	By Carlsbad High School	3rd Tuesday of the month 1:00 pm - 2:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
	MAAC Project at Laurel Tree Apartments	1307 Laurel Tree Lane Carlsbad , CA 92011	By Aviara Parkway; site has an elevator	3rd Tuesday of the month 2:00 pm until food is gone	<i>No holiday closures scheduled</i>	Drive-thru with MAXIMUM of 2 households per vehicle
North County	Community Resource Center	650 Second Street Encintas , CA 92024	Between E and F Street	Monday - Friday 8:30 - 12:30 pm	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 25 December 25	Walk-ins; Food tickets end at 12:00 pm
North County	Foundry Community Church, The	120 North Ash Street Escondido , CA 92027	Between East Ohio Street and East Grand Avenue	Tuesdays & Thursdays 11:00 am - 1:00 pm; Wednesdays 4:00 pm - 6:00 pm	Closed on: November 25 December 27-31	Walk-ins
North County	Fallbrook Food Pantry	140 N Brandon Road Fallbrook , CA 92028		3rd week of the Month (Monday - Friday) 9:30 am - 12:30 pm	Closed on: January 1 May 24 July 3 September 6 November 25, 26 December 24, 31	Walk-ins
North County	Shelter Valley Citizens Corporation	7217 Great Southern Overland Stage Route Julian , CA 92036	By S2 Hwy	3rd Tuesday of the month 8:00 am until food is gone	<i>No holiday closures scheduled</i>	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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North County	Brother Benno Foundation	3260 Production Avenue Oceanside , CA 92058	Between Roymar Road and Airport Road	Monday - Friday 6:30 am - 10:45 am & 11:30 am - 1:00 pm	Closed on: January 1 May 31 July 5 September 6	Walk-ins
North County	Jewish Family Service at San Diego Armed Services YMCA Camp Pendleton	Building 200090 Ash Road Wire Mountain Road Oceanside , CA 92058	Mobile pantry at the corner of Ash Road and Wire Mountain Road; military base access required to reach this site	4th Friday of the month 10:00 am - 12:00 pm	Rescheduled to: 11/29 in November 12/10 in December	
North County	Community Food Connection, The	14047 Twin Peaks Road Poway , CA 92064	Passing Twin Peaks Middle School; just before CIRCLE K; behind Trinity Church	Mondays, Wednesdays, & Fridays 3:00 pm - 6:00 pm	Closed on: January 1 February 15 March 31 April 25 July 5 September 6 November 11, 25 December 25	
North County	Mesa View Baptist Church	13230 Pomerado Road Poway , CA 92064	Corner with Rimbach Road	Saturdays 9:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Walk-ins
North County	Ramona Food & Clothes Closet Incorporated	773 Main Street Ramona , CA 92065	Between 7th Street & 8th Street; parking lot in the back	Monday - Friday 10:00 am - 4:00 pm	Closed on: January 1 May 31 September 6 November 25, 26 December 25, 26 Closes at 12:00 pm: December 24, 31	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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North County	In His Steps Christian Home	1619 La Brea Street Ramona, CA 92065	Near Day Street	Wednesday after 3rd Tuesday of the month 8:00 am - 11:00 am	Rescheduled to: 1/27/21 in January 2/24/21 in February	Walk-ins
	The Movement Church	1609 Capalina Road San Marcos, CA 92069	At the plaza next on the right side of the church building	Monday before the 3rd Tuesday of the month 2:00 pm - 3:30 pm	Rescheduled to: 1/25/21 in January 2/22/21 in February	Walk-ins
	Serving & Sharing Foundation Incorporated	31020 Cole Grade Road Valley Center, CA 92082	Behind St Stephen's Catholic Church; enter parking lot right of the building and drive behind building	4th Saturday of the month 10:00 am - 12:00 pm	Rescheduled to: 11/20/21 in November 12/18/21 in December	Walk-ins
North County	North County Food Bank	1445 Engineer Street Suite #110 Vista, CA 92081	Nearest major intersection is Sycamore Avenue and S Melrose Drive	Monday - Friday 9:00 am - 4:00 pm	Closed on: January 1, 18 February 15 March 31 May 31 July 5 September 6 October 11 November 11, 25, 26 December 23, 24, 31	No appointment needed; if carpooling, must show proof of different addresses
North County	Warner Springs Community Resource Center	30950 Highway 79 Warner Springs, CA 92086	At the Community Resource Center across from Warner Springs School	3rd Tuesday of the month 8:00 am - 10:00 am All other Tuesdays 10:00 am - 12:00 pm ; Other days by appointment call (760) 782-0670	<i>No holiday closures scheduled</i>	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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South Bay	Lutheran Social Services of SoCal Project Hand	580 Hilltop Drive Chula Vista , CA 91910	East H Street on the cross street of "I" Street	Mondays, Wednesdays, & Fridays 9:00 am - 2:00 pm	Closed on: January 1, 18 February 15 May 31 July 5 September 6 November 11,25,26 December 23,24,31	Walk-ins
	MAAC Project at Chula Vista	1385 Third Avenue Chula Vista , CA 91911		Thursday before 2nd Friday of the month 9:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Drive-thru & Walk-ins
	Oxford Terrace Apartments	555 Oxford Street Chula Vista , CA 91911	Cross street is Broadway; near Costco	Wednesday before the 2nd Friday of the month 9:00 am - 1:00 pm	Rescheduled to: 11/09 in November	Line numbers issued at 6:00 am, you can leave the line
	Lutheran Social Services of SoCal Project Hand	580 Hilltop Drive Chula Vista , CA 91910	East H Street on the cross street of "I" Street	2nd Friday of the month 9:00 am until food is gone	<i>No holiday closures scheduled</i>	Special lines for those who are disabled
	Imperial Beach Neighborhood Center	455 Palm Avenue Imperial Beach , CA 91932	Between Sea Village Drive and 5th Street	Thursday before the 2nd Friday of the month 9:00 am - 11:00 am	Rescheduled to: 11/10/21 in November	Walk-ins
	National City Collaborative at 18th Street (Family Resource Center)	304 West 18th Street National City , CA 91950	Cross street is Hoover Avenue; between Mile of Cars and Fwy 5; near Kimball Elementary School	Tuesdays, Wednesdays, & Thursdays 8:00 am - 12:00 pm	Closed on: March 29 - April 2 November 11, 23-25	Walk-ins

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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South Bay	Community Food Bank of National City	2605 Highland Avenue National City, CA 91950	At Highland Avenue Baptist Church; between 24th Street and 30th Street	2nd Friday of the month 9:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Drive-thru
	First Christian Church of National City	1800 East 17th Street National City, CA 91950	Between Palm Avenue and Hwy 805	Fridays 9:00 am - 10:30 am	Closed on: January 1 November 26 December 24, 31	Walk-ins
	CMC Good Neighbor Center (Nestor Site)	1120 Nestor Way Nestor, CA 92154	At Nestor Methodist Church; enter by Flower Street; across from Swapmeet	Tuesdays 9:00 am - 12:00 pm	<i>No holiday closures scheduled</i>	Walk-ins
	Nestor Methodist Church	1120 Nestor Way Nestor, CA 92154	Entrance by Coronado Avenue; across from Swap Meet	2nd Friday of the month 8:00 am until food is gone	<i>No holiday closures scheduled</i>	Line numbers issued at 5:30 am; you can leave the line
	Iglesia Cristiana Getsemani	3055 Beyer Boulevard Ste #C101 San Diego, CA 92154		Thursday 10:00 am - 12:00 pm By appointment Monday, Tuesday, Wednesday, & Friday call (619) 787-0735	Closed on: January 1 November 25-26 December 24-25, 30	Drive-thru & Walk-ins
	Hearts & Hands Working Together	4211 Camino De La Plaza San Diego, CA 92173	At Los Americas Premium Outlets	3rd Friday of the month 8:00 am - 11:00 am	<i>No holiday closures scheduled</i>	Line numbers issued at 7:00 am

Jacobs Cushman San Diego Food Bank • Emergency Food Assistance Program

Updated 3/30/2021

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South Bay	Hearts & Hands Working Together	663 E San Ysidro Boulevard San Ysidro , CA 92173	At San Ysidro Community Service Center; distribution behind building; wire fence door at far left of parking lot will open exactly at distribution time	Monday - Friday 3:00 pm - 5:30 pm BY APPOINTMENT ONLY	Closed on: January 1, 18 February 2, 15, 19 March 2, 19, 31 April 6, 16 May 2, 4, 19, 21, 31 June 1, 18 July 5, 6, 16 August 3, 20 September 6, 7, 17 October 5, 11, 15 November 2, 11, 19, 25, 26 December 7, 17, 23, 24, 31	Call (619) 662-7592 to schedule an appointment.