

Nutrition Assistance in San Diego

If you or someone you know needs help putting food on the table, we're here for you.

You are not alone. Since the pandemic began, over one million San Diegans have experienced food insecurity. Today, rising inflation, higher gas and food prices, housing shortages and increasing rents are forcing people to make tough choices. **We can help.**



Nutrition Services

from Hand Up Food Pantry

Onsite Food Distribution

- By appointment, call Access for information and eligibility
- See location below

The Hand Up Food Pantry offers a variety of healthy choices, including fresh fruits and vegetables, meats and dairy, baked goods, prepared meals, hygiene, and baby items.

Community Food Distributions

- No reservations required
- Check website for schedule and locations

Community food distributions are offered weekly throughout San Diego County and provide fresh produce, canned/dried goods, groceries, and pet food.

Additional Nutrition Services for Older Adults

Health and Wellness Support

Home Delivered Meals

- Foodmobile Delivery Service
 - Adults aged 60+
 - Advance reservations required. Fees may apply
- Ask if you qualify for free delivery

A volunteer-supported delivery service, providing kosher style meals and wellness checks for older adults and those who are homebound by disability.

Congregate Dining

- In-Person
- Adults aged 60+
- Advance reservations required

Meet new friends and enjoy a hot meal on us! We offer congregate dining at three locations throughout San Diego. All lunches are served in a group setting.

CalFresh Enrollment Assistance

We can assist you with applying for CalFresh, also known as SNAP benefits. We will walk you through the application process and can assist with submitting supporting documentation and annual recertification. Email calfresh@jfssd.org for assistance.



All services are free unless noted. Welcoming everyone.

www.jfssd.org/Nutrition | JFS Access: (858) 637-3210

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