



E F A P DISTRIBUTION ROSTER

BUS TRAVEL INFORMATION CALL 619 233-3004

visit: www.sdcommute.com

Low Income Guidelines

Household Size	Monthly HH Income	Annual HH Income
1	\$ 1,354	\$ 16,245
2	\$ 1,821	\$ 21,855
3	\$ 2,289	\$ 27,465
4	\$ 2,756	\$ 33,075
5	\$ 3,224	\$ 38,685
6	\$ 3,691	\$ 44,295
7	\$ 4,159	\$ 49,905
8	\$ 4,426	\$ 55,515

Each additional member add	\$468	\$5,610
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The Emergency Food Assistance Program (EFAP), distributes USDA food packages every month to more than 85,000 Individuals, low income families, young kids and seniors, in more than 90 distribution sites. If you do not exceed the income requirements posted above, you may be eligible to receive an EFAP food package once a month.

Please see below for the closest distribution site. Or call the San Diego Food Bank toll free at 1-866-350-3663

E F A P DISTRIBUTION ROSTER		
MASS DISTRIBUTIONS - PICK UP ONCE A MONTH		
SOUTH BAY, EAST COUNTY, WEST CENTRAL, CENTRAL, NORTH COUNTY		
SOUTH BAY AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
	AMISTAD RANCHO HILLS CHURCH	2ND FRIDAY 9:00 AM - 11:00AM
91902, 92139	5901 RANCHO HILLS DR. SAN DIEGO, CA 92139	54 SOUTH TO SWEETWATER/REO DRIVE CORNER OF RANCHO HILLS
92154,	CASA DEL SOL 1157 30TH ST SAN DIEGO, CA 92154	3RD WED 3:00PM - 4:00PM NEAR EL TIGRE NOW KNOW AS NORTHGATE THEY GIVE # ONE HOUR BEFORE THE DISTRIBUTION
92173,	CASA FAMILIAR 212 W. PARK AVE SAN YSIDRO, CA 92173	2ND FRIDAY 9:00 AM - 11:00AM BETWEEN W. HALL AVE AND E. SEAWARD AVE ALL SAN YSIDRO AREA
91950,	COMMUNITY FOOD BANK OF NTL CITY 2605 HIGHLAND AVE NATIONAL CITY, CA 91950	2ND FRIDAY 9:00AM UNTIL DE FOOD IS GONE AT THE BAPTIST CHURCH BETWEEN 30TH AND 24TH ST
91950, 91951	NATIONAL CITY SENIORS 1221 D AVE NATIONAL CITY, CA 91950	2ND FRIDAY 8:00AM UNTIL FOOD IS GONE BEHIND WALMART AT KIMBAL PARK
92154, 92153	NESTOR METHODIST CHURCH 1120 NESTOR WAY NESTOR, CA 92154	2ND FRIDAY 6:00AM to 7:30 AM ENTRANCE BY CORONADO AVE ACROSS SWAP MEET
91911	OXFORD TERRACE APTS 555 OXFORD ST CHULA VISTA, CA 91911	2ND FRIDAY 9:00AM UNTIL GONE CROSSING STREET: BROADWAY
91913, 91915, 91910,	PROJECT HAND - LUTHERAN SOCIAL SERV ST MARKS 580 HILLTOP DR CHULA VISTA, CA 91910	2ND FRIDAY 9:00AM - UNTIL FOOD IS GONE EAST H ST AND WEST OF 805 FWY
91910, 91912,	SOUTH BAY PENTECOSTAL CHURCH 395 D STREET CHULA VISTA CA 91910	2ND FRIDAY 9:00AM TO 10:00 AM CORNER WITH 4TH AVE.
92118, 91932, 92135	UNITED METHODIST OF IMPERIAL BEACH 455 PALM AV IMPERIAL BEACH, CA 91932	2ND FRIDAY 7:00AM - 8:30AM WEST OF 5TH ST SERVES CORONADO TOO

EAST COUNTY AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
91946, 91945,	AMBASSADOR CHRISTIAN CENTER 2770 GLEBE RD LEMON GROVE, CA 91945	3RD TUESDAY FROM 10:00 TO 2:00PM . GO THRU MASSACHUSSETS' UNTIL FIND SAN MIGUEL ST TURN RIGHT AND YOU WILL FIND GLEBE RD. CORNER WITH FISHER ST.
91934, 91905, 91931	BACK COUNTRY SUPPORT 39223 HWY 94 BOULEVARD, CA 91905	3RD TUE FROM 10:00-11:00 AM AT THE COMMUNITY CENTER POLICE OFFICE, AND THE FIRE STATION
91934, 91905, 91931	BACK COUNTRY SUPPORT 45612 OLD HWY 80 JACUMBA, CA 91934	3RD TUE FROM 1:00 - 2:00 PM AT THE FIRE STATION CORNER OF JACUMBA ST AND SEELY
92021, 92040, 92020	EL CAJON FOUR SQUARE CHURCH 1012 E BRADLEY AV EL CAJON, CA 92021	3RD TUESDAY 10:00-12:00 PM BETWEEN WOODBURN ST AND KYLE PLACE
91977	HOME START / BANCROFT 3310 BANCROFT DR SPRING VALLEY, CA 91977	3RD TUESDAY 9:00-11:00AM BY HWY 94 EXIT BANCROFT, IN A TRUCK OUTSIDE A CHURCH
92065, 92070	IN HIS STEPS 1619 LA BREA AV RAMONA, CA 92065	WED AFTER 3RD TUES 8:00 AM - 11:00 AM NEAR DAY ST
92036	JULIAN TOWN HALL 2129 MAIN ST. JULIAN, CA 92036	3RD TUESDAY 9:00 - 11:00 AM AT THE JULIAN TOWN HALL
91977	LUGAR DE ENCUENTRO (CHURCH) 9617 CAMPO RD. SPRING VALLEY, CA 91977	3RD TUES 9:30- 10:30AM NEXT TO FWY 94 BETWEEN ROGERS RD & CONRAD DRIVE

EAST COUNTY AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
91935, 91977,	NEW LIFE BAPTIST CHURCH 9255 LAMAR ST SPRING VALLEY, CA 91977	3RD TUESDAY 8:00-9:00AM EAST HELIX ST SO OF 125 HWY
91980, 91963 91917,	POTRERO KIWANIS CLUB 25771 POTRERO VALLEY RD POTRERO, CA 91963	3RD MONDAY 3:30PM -5:00PM COMMUNITY CTR 2.5 MILES NORTH EAST 94 HWY
91906	SALVATION ARMY / CAMPO 376 SHERIDAN RD CAMPO, CA 91906	WED AFTER 3RD TUESDAY 1:30-2:15PM AT CAMPO SENIOR CENTER
91916 91020, 91901	SALVATION ARMY / DESCANSO CHURCH / SENIOR LUNCHEON 25130 VIEJAS BLVD DESCANSO, CA 91916	WED AFTER 3RD TUESDAY 12:00-12:30PM SENIORS LUNCHEON AT CHURCH
91906	SALVATION ARMY / LAKE MORENA MALT SHOP / COUNTRY STORE 29801 OAK DRIVE LAKE MORENA, CA 91906	WED AFTER 3RD TUESDAY 2:30-3:00PM AT LAKE MORENA MALT SHOP / GROCERY
91931	SALVATION ARMY / GUATAY 27521 OLD HWY 80 (CHRISTIAN FELLOWSHIP PARKING LOT) GUATAY, CA 91931	WED AFTER 3RD TUESDAY 10:45 - 11:15AM CHRISTIAN FELLOWSHIP CHURCH PARKING LOT ACROSS FROM LIQUOR STORE
91962 91948	SALVATION ARMY / PINE VALLEY 28940 OLD HWY 80 (MARKET PARKING LOT) PINE VALLEY, CA 91962	WED AFTER 3RD TUESDAY 9:00 - 9:30 AM PINE VALLEY PARKING LOT MT MARKET ALSO MT. LAGUNA, 91948 PICKS UP
92021, 92020 92040, 92019	SALVATION ARMY / EL CAJON 1011 EAST MAIN ST EL CAJON, CA 92021	WED AFTER THE 3RD TUESDAY 9:30 - 10:30 AM CORNER WITH ANZA
91977	SAN MARTIN DE PORRES APTS 9119 JAMACHA RD SPRING VALLEY 91977	3RD TUESDAY 3:00PM - 5:00PM BY HGWY 125, BETWEEN LELAND ST & KEMPTON ST
92071, 92040	SANTEE FOOD BANK 8824 COTTONWOOD SANTEE, CA 92071	3RD MONDAY 12:00-1:00 PM BETWEEN 1ST AND COTTONWOOD SENIOR CENTER
92004, 92066 92059	ST. BARNABAS EPISCOPAL CHURCH 850 PALM CANYON DR BORREGO SPRINGS, CA 92004	MONDAY BEFORE 3RD TUES 2:00PM TO 4:00PM AND DI GIORGIO RD NEAR TO THE GAS STATION
92036	SHELTER VALLEY CITIZENS CORP 7217 GREAT SOUTHERN OVERLAND JULIAN CA 92036	3RD TUESDAY 8:00 - 11:00AM FEBRUARY WILL BE FRIDAY 12TH
91977	SPRING VALLEY COMMUNITY CHURCH 730 CONCEPCION AVE SPRING VALLEY, CA 91977	3RD TUESDAY 10:30 AM- 11:30 AM BETWEEN JAMACHA RD & JAMACHA BLVD

EAST COUNTY AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
91978	SWEETWATER LODGE	3RD TUESDAY 3:00-4:30PM
91935, 91914	10707 JAMACHA BLVD SPRING VALLEY, CA 91978	UPPER EAST SIDE JAMACHA BLVD
92066, 92059	WARNER SPRINGS COMMUNITY RESOURCE CTR	3RD TUESDAY 12:00-3:00PM
92070, 92086	30951 HWY 79 WARNER SPRINGS, CA 92086	AT THE COMMUNITY RESOURCE CTR. ACROSS FROM WS SCHOOL
WEST CENTRAL AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
92117, 92037, 92161, 92093,	CHRISTIAN COMMUNITY SERVICES AGENCY C.C.S.A. 4167 RAPPAHANNOCK AV SAN DIEGO, CA 92117	4TH THURSDAY 9:00 - 11:00 AM NORTH OF LINDA VISTA RD. CORNER OF CLAIREMONT DR
MILITARY	NAVY WIVES FOOD LOCKER (NWCA). MIRAMAR BASE BUILDING 6013 MIRAMAR, CA 92145 ONLY MILITARY	MO-THUR 9:00 AM-4:00PM FRI 9:00AM-11:00AM ENTER THRU GATE IN MIRAMAR RD, TURN LEFT IN ELRON ST THEN 2 STOPS AND TURN RIGHT IN GONZALVEZ ST, BLDG ON YOUR RIGHT
92121, 92122, 92126 92128, 92130, 92131, 9214	HOLY HANDS CHURCH OF GOD IN CHRIST 9380 ACTIVITY RD SAN DIEGO, CA 92126	4TH THURSDAY 5:00 PM - 6:00 PM BY CAMINO RUIZ
92110, 92108 92103	OLD TOWN COMMUNITY CHURCH 2444 CONGRESS ST SAN DIEGO CA 92110	4TH THURSDAY 9:00 AM TO 11:00 AM CORNER WITH HAMEY ST
92109,	PRAISE CENTER 1376 GRAND AVE PACIFIC BEACH, CA 92109	LAST SATURDAY OF THE MONTH 9:00AM TO 11:00 AM CORNER WITH GRESHMAN STREET
92107, 92106, 92133, 92152	SAINT AGNES CHURCH 1145 EVERGREEN ST. SAN DIEGO, CA 92106	4TH THURSDAY 9:00 AM UNTIL THE FOOD IS GONE PORTUGAL AND ROSECRANS -PT.LOMA
92123, 92124	S D ARMED SERVICES YMCA 3293 SANTO RD SAN DIEGO CA, 92124	4TH THURSDAY 10:00AM TO 12:00 PM BY AERO DRIVE OPPOSITE SIDE OFF WAL*MART, END STREET TURN RIGHT AND NEXT TO MURPHY CANYON CHAPEL.
92064, 92129	THE CONNECTION CHURCH 14047 TWIN PEAKS RD POWAY, CA 92064	4TH THURSDAY 5:00 PM TO 7:00 PM NEAR TO TWIN PEAKS MIDDLE SCHOOL
92111, 92123 92122	THE VINE CHRISTIAN CHURCH 6866 LINDA VISTA RD SAN DIEGO CA, 92111	4TH THURS FROM 8:30 AM TO 9:30 AM CORNER WITH COMSTOCK

CENTRAL AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
92120, 92119	ASCENSION LUTHERAN CHURCH	1ST FRIDAY 9:00-11:00 AM
92182,	5106 ZION AVE	EAST MISSION GORGE RD WEST WARING
	SAN DIEGO, CA 92120	
CENTRAL AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
HIV VARIOUS ZC	BEING ALIVE	MO-THRU 10:00-3:00PM HIV REFERRALS ONLY
	4070 CENTRE ST.	EAST WASHINGTON ST, WEST PARK BLV
	SAN DIEGO, CA 92103	
92054, 92055, 92056,	BROTHER BENNO'S FOUNDATION	MO-FRI 6:30AM-12:00PM (HQ)
92057, 92058, 92003.	3260 PRODUCTION AV.	
	OCEANSIDE, CA 92054	
92113, 92155, 92136,	CITY OF REFUGEE INTERNATIONAL CHURCH	SATURDAY AFTER THE FIRST FRIDAY 1:00 - 3:00PM
	2001 OCEAN VIEW BLVD	BETWEEN DEWEY AND S EVANS ST NEAR TO 5 FWY AND
	SAN DIEGO, CA 92113	CESAR CHAVEZ
92113, 92155, 92136	CLIMB GRACE COVENANT CHURCH	1ST FRIDAY 9:00 AM- 11:00 AM
	2885 CLAY AV	WEST OF 94 FWY AND 28TH ST
	SAN DIEGO, CA 92113	
92114,	CHRISTIAN FELLOWSHIP CHURCH	1ST FRIDAY 9:00AM UNTIL FOOD IS GONE
	1601 KELTON RD	EAST OF 94 FWY, NEAR TO EMERALD HILLS PARK
	SAN DIEGO, CA 92114	
92114,	GRACE MISSIONARY BAPTIST CHURCH	THURSDAY BEFORE THE 1ST FRIDAY 2:00-4:00PM
	6328 BROOKLYN AVE	BY IMPERIAL AND 62ND ST
	SAN DIEGO, CA 92114	
91902, 92103	GREATER ST LUKE CHURCH	1ST FRIDAY FROM 5:30PM UNTIL FOOD IS GONE.
	3195 L STREET	CORNER WITH 32ND ST AND A BLOCK FROM IMPERIAL
	SAN DIEGO CA, 92102	
92104, 92116	GOOD NEWS MISSIONARY BAPTIST CHURCH	1ST FRIDAY 7:00 AM-11:00 AM
	4106 SWIFT AVE	805
	SAN DIEGO, CA 92104	
92113	MERCADO APARTMENTS	THURS BEFORE 1ST FRI 5:00- 6:30 PM
	2001 NEWTON AV	SERVES WEST SIDE OF 5 FWY
	SAN DIEGO, CA. 92113	BY LOGAN AND MAIN

CENTRAL AREA	DISTRIBUTION SITES - PICK UP ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
92101, 92140, 92147,	LADLE FELLOWSHIP OF FIRST PRESBYTERIAN CHURCH	2ND SATURDAY FROM 8:30 TO 11:30 BETWEEN 3RD & 4TH ST
92118, 92103	320 DATE ST SAN DIEGO, CA 92101	THE ENTRANCE WILL BE IN DATE ST. NEAR TO BALBOA PARK
92102	NAZARENE CHURCH 3535 MARKET ST SAN DIEGO, CA 92102	1ST FRIDAY 10:00AM-12:00PM ACROSS FROM COSTCO ON MARKET TAKE 36TH ST UP TURN RIGHT ON ISLAND
92105	NEW HOPE SDA CHURCH 2420 52ND ST SAN DIEGO, CA 92105	1ST FRI 9:00AM-11:00AM ENTER 54TH ST. AT THE END OF LAUREL ST
92116, 92104 92103,	NORTH PARK REC. CENTER 4044 IDAHO ST SAN DIEGO, CA 92104	1ST THURSDAY 8:00AM - 9:30 AM BETWEEN EL CAJON BLVD AND UNIVERSITY SERVES WEST OF FWY 805
92105	PRESIDENT JOHN ADAMS MANOR APTS 5410 BAYVIEW HEIGHTS PL APTS 2 SAN DIEGO, CA 92105	THURSDAY BEFORE 1ST FRI 3:00PM - 5:00 PM BY 94 FWY KELTON EXIT
91945, 91954	SAMOA INDEPENDENT FULL GOSPEL 2055 SKYLINE DR NEXT TO 2045 LEMON GROVE, CA 91945	1ST FRIDAY 9:00 -11:00 AM (INSIDE LUTHERAN CHURCH) CHURCH IS LOCATED NEXT TO 2045 SKYLINE CROSSING STREET DAYTON DR AND CANTON DR
92102, 92103	S D BROADWAY SPANISH 7th DAY ADVENTIST CHURCH 2411 BROADWAY ST (GOLDEN HILLS) SAN DIEGO, CA 92102	1ST SATURDAY 3:00-5:00PM CORNER WITH 24TH ST
92105	SD COALITION FOR THE HOMELESS 4101 UNIVERSITY AV SAN DIEGO, CA 92105	1ST FRIDAY 9:00 - 11:00 AM CORNER WITH 41ST ST AT THE NAZARENE CHURCH ACROSS TACO SHOP
92102	SHERMAN HEIGHTS COMMUNITY CTR 2258 ISLAND AV SAN DIEGO, CA 92102	1ST THURSDAY 9:00AM-10:30AM BETWEEN MARKET AND 24TH ST
92114	SALOME COURT # 1 SKYLINE RECREATIONAL CENTER 8285 SKYLINE DR SAN DIEGO, CA 92114	1ST FRIDAY 10:00AM-12:00PM EAST OF WOODMAN HANDICAP LINE IN ALLEY
92113	ST. JUDE'S SHRINE OF THE WEST 3751 BOSTON AVE SAN DIEGO CA 92113	SECOND SUNDAY 9:00-12:00PM BETWEEN S 37TH ST AND S 38TH ST
92115, 92182	VILLA ALTA APARTMENTS 4227 52ND ST SAN DIEGO, CA 92115	1ST FRIDAY 9:30 AM UNTIL THE FOOD IS GONNE BETWEEN TROJAN AND ORANGE AV. THEY START GIVING # AT 8:00AM

NORTH COUNTY	DISTRIBUTION SITES ONCE A MONTH	DISTRIBUTION DAYS AND HOURS
92024,	COMMUNITY RESOURCE CENTER	3RD TUESDAY 1:00PM-3:00PM
92029	656 SECOND ST	BETWEEN E AND F
	ENCINITAS, CA 92024	
92028, 92003	FALLBROOK COMMUNITY PROJECT	3RD MON TO 3RD FRI 9:30AM-12:30PM
92055	1042 S. MISSION	BETWEEN W AVIATION RD & AMMUNITION RD
	FALLBROOK, CA 92028	
92009, 92008, 92010	LAUREL TREE APARTMENTS	3RD TUESDAY 5:00 - 6:30PM
92011	1307 LAUREL TREE LANE	BY AVIARA PKWY. ENTER THE COMPLEX WHERE THE PINE TREES ARE
	CARLSBAD, CA 92009	IN THE SECOND FLOOR, INSIDE THE CLUB HOUSE. HAS ELEVATOR
92074, 92075	NORTH COAST FELLOWSHIP	3RD TUESDAY FROM 4:30 TO 7:30 P.M.
92067, 92007	940 GENEVIEVE AV	BY CAMINO SANTA FE CORNER WITH IDA ST.
92091	SOLANA BEACH CA 92075	
92025, 92026, 92082	NORTH COUNTY CHURCH OF CHRIST	3RD TUESDAY 4:00PM-TILL FOOD IS GONE
92027, 92127, 92128	130 WOODWARD AV	BEHIND WALGREENS, IN FRONT OF BOYS & GIRLS CLUB
92046, 92030	ESCONDIDO, CA 92025	CORNER BROADWAY AND WASHINGTON
		THEY START TO GIVEN NUMBERS AT 3:00 PM
92055, 92058	OCEANSIDE SENIOR CENTER	3RD WEDNESDAY 8:00 AM UNTIL GONE
92057, 92056	455 COUNTRY CLUB LN	BY MAXON ST AND BY CENTER CITY GOLF COURSE
	OCEANSIDE, CA 92055	
92069, 92096 92033, 9204	PALOMAR KOREAN CHURCH	3RD TUE 12:00PM-3:00PM
92078, 92082, 92029	245 NORTH RANCHO SANTA FE RD	CORNER TO MISSION
EAST	SAN MARCOS, CA 92069	
92009, 92008, 92010	COMMUNITY RESOURCE CENTER FOR PILGRIM CHURCH	3RD TUESDAY 2:00 - 3:00 PM
92011	2020 CHESTNUT	BY CARLSBAD HIGH SCHOOL
	CARLSBAD, CA 92008	
92024, 92007	ST. JOHN'S CHURCH	3RD TUESDAY 12:30 UNTIL THE FOOD IS GONE
	1001 ENCINITAS BLVD	WESTLAKE AND BALOUR
	ENCINITAS, CA 92024	
92069, 92096, 92078	THE OASIS CHURCH	3RD TUE 12:00PM TO 3:00PM
	842 NORDAHL RD	BETWEEN PINE HEIGHTS WAY AND CENTER DR.
	SAN MARCOS, 92069	
92081, 92083, 92084	VISTA SPANISH 7TH DAY ADVENTIST CHURCH	3RD TUESDAY 10:30AM UNTIL FOOD IS GONE
92085	254 WEST INDIAN ROCK	N SANTA FE AV TURN ON INDIAN ROCK RD
	VISTA, CA 92083	PASSING LAGAN AV

E F A P DISTRIBUTION ROSTER		
EMERGENCY SITES - PICK UP ONCE EVERY 4 MONTHS ONLY		
SOUTH BAY, EAST COUNTY, WEST CENTRAL, CENTRAL, NORTH COUNTY		
SOUTH BAY AREA	EMERGENCY SITES - PICK UP ONLY ONCE EVERY 4 MONTHS	DISTRIBUTION DAYS AND HOURS
91910, 91911, 91913	SOUTH BAY COMMUNITY SERVICES	MO & WED FROM 9:00AM TO 1:00PM FRI FROM 1:00PM TO 6:00PM
91932, 91915	1124 BAY BLVD SUITE D CHULA VISTA, CA 91911	END OF PALOMAR TOWARDS WATER, AROUND THE CORNER #1128 NEXT TO THE WATER
92173,	HEARTS & HANDS WRKG TOGETHER 2242 ENCHANTED PLACE SAN YSIDRO, CA 92173	MON - FRI 5:00PM-6:00PM NEXT TO BEYER ELEMENTARY SCHOOL ENTER BY EAST BEYER ST TURN IN FILOI ST BECOMES ENCHANTED PLACE APPOINTMENT (619)-662-7592
92154, 92153	METRO GOOD NEIGHBOR 1120 NESTOR WAY NESTOR, CA 92154	MON, TUES, THURS, FRI, 9 AM-12:30 PM CLOSED THURSDAY BEFORE FIRST FRI AND 2ND FRI OF THE MONTH AT NESTOR METHODIST CHURCH ACROSS FROM SWAP MEET CLOSED ON WED
91950, 91902, 91950, 92155, 91951 92139	NATIONAL CITY COLLABORATIVE 2325 EUCLID AVE, NATIONAL CITY, CA 91950	MON - FRI 8:00-11:00 AM & 1:00-5:00 PM IN FRONT FIRE STATION, INSIDE LINCOLN ACRES SCHOOL INSIDE FAMILY RESOURCE CENTER
91950, 91902, 91951 92155, 92139	NATIONAL CITY COLLABORATIVE 304 W 18TH ST NATIONAL CITY, CA 91950	MON - FRI 8:00-11:00 AM & 1:00-5:00 PM BY KIMBALL ELEMENTARY SCHOOL CORNER WITH HOOVER, BETWEEN MILES OF CARS AND FWY 5
EAST COUNTY AREA	EMERGENCY SITES - PICK UP ONLY ONCE EVERY 4 MONTHS	DISTRIBUTION DAYS AND HOURS
92020, 91935, 91901, 92040, 92021, 91934, 91905, 91931 92036, 92019	CRISIS HOUSE 1034 N. MAGNOLIA EL CAJON, CA 92020	MON, TUE, TH & FRI 8:30AM - 3:00PM BEHIND HOME DEPOT APPOINTMENT ONLY 619-444-1194/1195
91941, 92119, 91977, 9197 91942, 91945, 92020, 91935, 91901, 9203 92071, 92040, 92021, 919 92036, 92019, 91931	LA MESA SDA CHURCH 4207 SPRING GARDENS RD LA MESA, CA 91941 OUR LADY OF GRACE 2766 NAVAJO RD EL CAJON, CA 92020	MO & THUR ONLY 9:00AM-12:00PM CORNER SPRING ST NEXT TO SUNNY DONUT SHOP MON - FRI 9:00AM-11:00AM NORTH 8 FWY WEST OF HWY 67
92020, 91935, 91901, 92040, 92071, 92021, 91934, 91905, 91931 92019	ST. KIERAN CATHOLIC CHURCH 1510 GREENFIELD DR EL CAJON, CA 92021	TUE & SAT 10:00AM-11:30AM BETWEEN ST KIERAN'S WAY AND GORSLINE DR.

WEST CENTRAL AREA	EMERGENCY SITES - PICK UP ONLY ONCE EVERY 4 MONTHS	DISTRIBUTION DAYS AND HOURS
92111, 92121, 92126, 92127	BAYSIDE SETTLEMENT HOUSE	MON, WED & FRI 8:00-10:00 AM
92122, 92109, 92106, 92107	2202 COMSTOCK ST.	CORNER LINDA VISTA & ULRIC ST
92133, 92152, 92117, 92134	SAN DIEGO, CA 92111	
92134, 92105	HOME START	MON-FRI 9:00 AM - 4:00 PM
	5296 UNIVERSITY AVE. SUITE F2	BETWEEN 52ND AND 54TH ST
	SAN DIEGO, CA 92105	
92108, 92110, 92109,	LABOR PARTICIPATION	MO-FRI 8:00-12:30 AM -1:00-4:30 PM
92107, 92103,	3737 CAMINO DEL RIO SOUTH SUITE #106	(619) 641-0074 APPOINTMENT ONLY
92120	SAN DIEGO, CA 92108	THE NUMBER OF THE ST IS 3717 , 3727 & 3737 UP IN THE LAST
		PARKING LOT LAST BUILDING..
		BETWEEN FAIRMONT & TEXAS ST
CENTRAL AREA	EMERGENCY SITES - PICK UP ONLY ONCE EVERY 4 MONTHS	DISTRIBUTION DAYS AND HOURS
92101, 92147, 92133	CATHOLIC CHARITIES	MO-FRI 9:30-11:30 AM & 1:00-4:00 PM
92118, 92136, 92155	349 CEDAR ST	BETWEEN 3RD AV AND 4TH AVE NEXT ST JOSEPH CATHEDRAL
	SAN DIEGO, CA 92101	ST. JOSEPH PARTICIPANTS EVERY 1ST FRI
92115, 92182,	CATHOLIC CHARITIES MID CITY CENTER	TUE, WED & THUR 9:00-12:00 PM & 1:00-3:00PM
	6184 UNIVERSITY AV	NEAR COLLEGE AV AND CARTAGENA STREET
	SAN DIEGO, CA 92115	
92104, 92103, 92116	CHRIST CHAPEL WORLD MINISTRIES	TUE, WED & THURS 10:00 - 12:00 PM 1ST THUR OF THE MONTH CLOSED
	3094 EL CAJON BLVD	CORNER WITH ILLINOIS ST NEAR TO 805 HWY
	SAN DIEGO CA, 92104	
92102, 92133, 92134,	METRO CHOLLAS VIEW CHURCH	MO- FRI 9:00 AM - 12:00 PM & 1:00 TO 3:00 PM
92140,	906 NORTH 47TH STREET	THURSDAY CLOSED
	SAN DIEGO CA 92102	CORNER WITH HILLTOP
92113, 92118	NEIGHBORHOOD HOUSE ASSCN	MO-WED-FRI 1:30-4:00 PM
92135, 92152	841 SOUTH 41ST ST	SO. OCEANVIEW BLVD N OF NATIONAL AV
	SAN DIEGO, CA 92113	BY MOUNTAIN VIEW PARK

NORTH COUNTY	EMERGENCY SITES - PICK UP ONCE EVERY 4 MONTHS	DISTRIBUTION DAYS AND HOURS
92054, 92009	INTERFAITH COASTAL SERVICES	MO-THURS 9:00-11:45AM & 1:00 TO 3:45PM
92008, 92067	2195 OCEANSIDE BLVD.	FIRST FRIDAY CLOSED
92010, 92011	OCEANSIDE, CA 92054	BETWEEN HOOVER ST & CANYON LODGE
92055, 92056	SALVATION ARMY/OCEANSIDE	MO-FRI 9:00-12:00 pm
92057, 92058, 92091	3935 LAKE BLVD	BETWEEN ESPLANADE ST AND MIRA MONTE DR
92024	OCEANSIDE, CA 92056	
NORTH COUNTY	EMERGENCY SITES - PICK UP ONCE EVERY 4 MONTHS	DISTRIBUTION DAYS AND HOURS
92083, 92081, 92084	CATHOLIC CHARITIES-VISTA	MO -FRI 9:00-12:00 PM 1:30- 5:00 PM
92069, 92078, 92028	917 EAST VISTA WAY	CORNER W/ VALE TERRACE DR. IN THE SAME COMM. MALL
92025, 92026, 92096	VISTA, CA 92084	FRESH & EASY INSIDE THE STORE NAMED "SHOPORTUNITY"