

Period Supplies Program – Distribution Sites

The San Diego Food Bank and our North County Food Bank chapter partners with nonprofit organizations to distribute period supplies to people in need throughout San Diego County.

Each location has different operating hours, and may have different eligibility criteria to receive period supplies.



REGION	PERIOD SUPPLY DISTRIBUTION SITE	PROCESS AND QUALIFICATIONS	PHONE NUMBER
Central	Step Forward 2772 Fourth Ave., 2nd floor San Diego, CA 92103	MUST be a CalWORKs recipient and part of the Step Forward program to access diapers and period supplies. For diapers, call to confirm size and quantity availability, period supplies are available Monday - Friday from 8:30 am - 4:30 pm	619-295-6067
Central	St. Paul United Methodist Church 3094 L Street San Diego, CA 92102	Every Thursday from 12:00 pm – 1:30 pm **MASKS/FACIAL COVERING REQUIRED**	619-232-5683
Central	ICNA Relief San Diego 7313 Carroll Road, Suite D San Diego, CA 92121	Monday - Thursday from 10:00 am - 2:00 pm, call 760-889-2014 for availability.	760-889-2014
Central	Think Dignity Distribution site changes monthly San Diego, CA	Please call Dalia Hernandez 619-630-7794 for information about our Street Boutique locations and/or receiving period supplies.	619-630-7794
Central	Somali Family Service of San Diego 5348 University Avenue, Ste. 203 San Diego, CA 92105	Diapers by appointment only. Period supplies also available. Please call 619-265-5821 ext. 215 or 209 to schedule an appointment.	619-265-5821
Central	Miracle Babies 8745 Aero Drive, Ste. 308 San Diego, CA 92123	Monday – Friday from 10:00 am – 2:00 pm, please call ahead to schedule a pick up.	858-633-8540
Central	Food Pantry at Chollas View Church 904 47th Street San Diego, CA 92102	1 st Saturday of the month from 10:00 am – 12:00 pm and 3 rd Friday of the month from 11:00 am – 2:00 pm.	858-663-0471
Central	Birthline Clairemont 3660 Clairemont Drive, Suite 4 San Diego, CA 92117	Monday, Tuesday, and Wednesday from 10:00 am – 2:00 pm (subject to change). Period supplies also available. Please check online at www.birthlineofsd.org for the most up-to-date info.	858-270-2491
Central	Sharia's Closet 6244 El Cajon Boulevard, #5 San Diego, CA 92115	Please fill out the online request form here: https://docs.google.com/forms/d/e/1FAIpQLSdFaa1WZkEpX2Fuki2VBbP2Er1PALIM-84pl0Ubj13IX4D_wv/viewform	619-808-4979
Central	Somali Bantu Association of America 4979 University Avenue, Ste. A San Diego, CA 92105	Every Friday from 8:00 am – 1:00 pm. Call 619-546-9346 for diaper size availability, no appointment required. Period supplies also available.	619-546-9346
Central	Rock Church City Heights 4001 El Cajon Boulevard San Diego, CA 92105	Drive through distribution, 2nd Thursday of the month from 10:00 am – 2:30 pm. Period supplies also available.	619-869-2156

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Central	You Saved Me Foundation 3350 El Cajon Boulevard San Diego, CA 92104	Monday – Friday, 10:00 am – 4:30 pm, no appointment required. Diapers and period supplies available. Please complete the online registration form at: https://www.yousaved.me/fresh-family-program.html	800-471-1120
Central	Support the Enlisted Project (STEP) 9915 Businesspark Avenue, Suite A San Diego, CA 92131	Open to all military and veteran families. Please call to arrange pick up. Diapers and period supplies available.	858-695-6810
Central	St. Vincent De Paul at St. Gabriel's Church 13734 Twin Peaks Road Poway, CA 92064	2nd Saturday of every month from 8:00 am – 9:00 am. Period supplies also available.	858-748-5348
Central	La Maestra Community Health Centers 4060 Fairmount Avenue San Diego, CA 92105	Tuesday and Wednesday, 9:00 am - 2:00 pm, Friday, 10:00 am - 3:00 pm. No appointment required, diapers provided to children under 4yrs old only. Period supplies also available. Walk-ins are welcome. You must be registered in order to receive food, period supplies, and/or diapers. Mask	619-723-6102
East County	Good Shepherd Ministry Center at Bethlehem Food Pantry 772 S. Johnson Avenue El Cajon, CA 92020	Every Saturday from 8:00 am – 10:00 am. No appointment required, quantities are limited to availability.	619-442-9491
East County	It's All About the Kids Foundation 815 Raleigh Avenue, Suite B El Cajon, CA 92020	Email events@itsallaboutthekids.org to register. Quantities are limited to availability.	619-602-3073
East County	Paving Great Futures 404 Euclid Avenue, Suite 119 San Diego, CA 92119	Monday - Friday from 9:00 am - 4:00 pm.	619-308-6595
East County	Rock Church East County 808 Jackman Street El Cajon, CA 92020	Period supplies are available during the monthly food distribution, 3rd Tuesday of every month, 12:00 pm - 2:00 pm. Quantity limited to availability.	619-226-7625
East County	Baby Ruth's Safe Haven 123 Worthington Street, Ste. 203-204 Spring Valley, CA 91977	Call 619-472-3900 to begin the intake process by phone. Sizes and quantities are limited to availability. By appointment only. MASKS REQUIRED	619-472-3900
East County	Julian Pathways, Inc. 1704 Cape Horn Julian, CA 92036	Monday – Friday from 9:00 am – 3:00 pm, call ahead to check availability. Period supplies also available.	760-765-0661 x6
East County	Ministerio Tiempo Nuevo 8179 Broadway Lemon Grove, CA 91945	Monday - Friday, 8:00 am - 11:45 am. Period supplies also available.	619-765-9454
East County	Salvation Army East County Red Shield Community Center 1025 East Main Street El Cajon, CA 92021	Monday from 1:00 pm – 4:00 pm, Wednesday from 2:30 pm - 4:00 pm (closed 3rd Wednesday of each month), Friday from 1:00 pm – 6:00 pm. Must show I.D. for all family members, diapers available for children under 4 only, limited to once per month per child, period supplies also available.	619-440-4683

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East County	Joseph's Storehouse at Spring Valley Community Church 3310 Bancroft Drive Spring Valley, CA 91977	Tuesday, Thursday, and Friday from 9:00 am – 12:00 pm. Period supplies also available.	619-342-1414
East County	Education Support Center 9950 Campo Road, Ste. 203B Spring Valley, CA 91977	Diapers and period supplies distributed every Tuesday, 5:00 pm - 7:00 pm, and every other Friday, 2:00 pm -6:00 pm. Also available by appointment.	619-825-7493
South Bay	Operation Promise 3441 Main Street Chula Vista, CA 91911	Distribution Monday - Friday, 2:00 pm - 4:00 pm. By appointment only Monday - Friday, 10:30 am - 1:00 pm. Diapers and period supplies available.	619-902-1206
South Bay	Project 1:1 560 Palomar Street Chula Vista, CA 91911	Diapers and period supplies available 3rd Thursday of the month, call for more information.	619-777-6723
South Bay	South Bay Food Pantry at First Unitarian Universalist Church 970 Broadway Street Chula Vista, CA 91911	Every Sunday 8:15 am – 9:15 am. Call (619) 271-5017 for diaper size availability. No appointment, identification, or proof of income are required.	619-271-5017
South Bay	Hearts and Hands Working Together 2020 Alaquinas Drive San Ysidro, CA 92173	2nd Tuesday of the month from 8:00 am – 12:00 pm. In the Our Lady of Mount Carmel parking lot. Sizes and quantities are limited to availability.	619-662-7592
South Bay	Community Through Hope 465 C Street Chula Vista, CA 91910	Monday - Thursday, 9:00 am - 2:00 pm, no appointment required.	619-947-6002
South Bay	Victory Resource Center 1220 3rd Avenue, Suite 1 Chula Vista, CA 91911	Appointments available, Monday – Friday from 9:00 am – 12:30 pm. Walk-ins welcome, Monday, Wednesday, & Friday from 10:00 am – 12:30 pm. Email vrc@victorysouthbay.org or call 619-777-1124 to make an	619-777-1124
South Bay	Food Pantry at Chollas View Church 904 47th Street San Diego, CA 92102	1 st Saturday of the month from 10:00 am – 12:00 pm and 3 rd Friday of the month from 11:00 am – 2:00 pm. Diapers and period supplies available.	858-663-0471
South Bay	Urban Refuge 940 Hilltop Drive Chula Vista, CA 91911	Diapers and period supplies available, 3rd Sunday of the month, 1:00 pm - 3:00 pm.	619-500-3073
South Bay	Silent Voices, Inc. 355 K Street, Ste. H Chula Vista, CA 91911	Call for information and size availability. Monday – Friday 10:00 am – 4:00 pm. Period supplies also available.	619-422-0757
South Bay	San Ysidro Health Centers WIC Offices	Call to make an appointment for San Ysidro Health WIC services and to pick up diapers. Period supplies also available.	888-942-7942
North County	Fallbrook Spanish 7th Day Adventist 439 Iowa Street Fallbrook, CA 92028	Diapers and period supplies available, 1 st Wednesday of every month from 6:00 pm – 7:00 pm.	760-468-4783

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North County	MAAC Project Vista 956 Vale Terrace Drive Vista, CA 92084	1 st Wednesday from 7:30 am – 9:30 am, 3rd Wednesday from 4:00 pm – 6:00 pm. Diapers and period supplies available.	760-471-4210
North County	Vista Community Clinic 1000 Vale Terrace Drive Vista, CA 92084	Call 760-631-5000 x7014 and leave a message. Your call will be returned in the order it was received. Diapers and period supplies available.	760-631-5000 x7014
North County	Summit Church 292 East Barham Drive San Marcos, CA 92078	Every Tuesday 10:30 am - 2:00 pm, every Thursday 2:30 pm - 6:00 pm, first & third Saturdays 10:00 am - 12:00 pm. Diapers and period supplies available.	760-471-6267
North County	Mission San Luis Rey Parish, Loretto House Food Pantry 4070 Mission Avenue Oceanside, CA 92057	Tuesdays – Saturdays from 8:00 am – 4:00 pm. Call 760-547-0708 for diaper size and availability. Period supplies also available.	760-547-0708
North County	Ramona Food & Clothes Closet 773 Main Street Ramona, CA 92065	Monday – Friday 9:30 am – 12:30 pm & 2:30 pm – 4:00 pm. No appointment required. Diapers and period supplies available.	760-789-4458
North County	Rock Church San Marcos 1370 W. San Marcos Boulevard San Marcos, CA 92078	1 st Thursday of every month from 12:00 pm – 2:00 pm. No appointment required. Diapers and period supplies available.	619-226-7625
North County	North County Food Bank 3030 Enterprise Court Vista, CA 92081	Pantry hours: Monday - Friday, 9:00 am - 3:00 pm, by appointment. Diapers and period supplies are available in the pantry only, they are NO LONGER available in the drive-thru.	858-863-5177
North County	St. Andrew's Episcopal Church 890 Balour Drive Encinitas, CA 92024	Thursday from 2:00 pm – 4:00 pm, drive-thru distribution, one household per car, diapers upon request. Period supplies also available.	760-214-7550
North County	Lived Experiences, Inc. 1106 Whaley Street Oceanside, CA 92054	Call for information and size availability. Period supplies also available.	619-368-3790
North County	Foundation Matthew 633, Inc. 1800 N. Broadway Escondido, CA 92026	Diapers and period supplies available, Mondays & Fridays from 10:00 am – 11:30 am	619-253-9951
North County	The Center (San Diego Christian Center) 1305 Deodar Road Escondido, CA 92026	Drive-thru distribution (food, diapers, and period supplies) on Sundays from 11:30 am – 12:30 pm.	760-707-6681
North County	Shaback Resource Center 272 East Via Rancho Parkway, #157 (first floor, next to JC Penney) Escondido, CA 92025	Monday - Friday, 11:00 am - 4:00 pm, Saturday & Sunday, 10:00 am - 4:00 pm, no appointment necessary. Closed Feb 18-21, Mar 31- Apr 4, May 29-30, Jun 17-20, Jul 01-05, Aug 04-04, Sep 03-06, Sep 09-13, Sep 23-26, Oct 10, Oct 31-Nov 1, Nov 11-15, and Nov 22 - Jan10.	619-519-9090
North County	North Coast Church 2405 N. Santa Fe Avenue Vista, CA 92084	Distribution the last Tuesday of the month at 32077 Community Church Drive, Pauma Valley, CA 92061. Diapers and period supplies available.	760-724-6700

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North County	<i>Women of Promise Resource Center</i> 1605 Grand Avenue, Suite 1 San Marcos, CA 92078	MUST be a CalWORKs recipient and part of the Step Forward program to Monday - Thursday, 9:00 am - 4:00 pm, and Fridays by appointment only. Diapers and period supplies available. Call 760-539-7350 for appointment times and availability.	760-539-7350
North County	<i>Apostolic Assembly, My Father's House</i> 1717 East Lincoln Avenue Escondido, CA 92027	Last Tuesday of the month, 2:00 pm - 4:00 pm. Diapers and period supplies available.	760-741-6199
North County	<i>CSUSM ASI Cougar Pantry</i> 333 South Twin Oaks Valley Road, Commons 104 San Marcos, CA 92096	Monday - Thursday, 9:00 am - 6:00 pm. Open to currently enrolled CSUSM students only.	760-750-6019
North County	<i>Palomar College, Anita & Stan Maag Food & Nutrition Center</i> 1140 West Mission Road San Marcos, CA 92069	CURRENTLY: Monday - Thursday, 8:00 am - 4:00 pm. Must call for appointment. All visitors to campus must complete COVID-19 Pre-Screening Form. Quantities are limited to availability.	760-744-1150 ext. 2529

This list was last updated on 8/25/22.