

Diaper Bank Program – Diaper Distribution Sites

The San Diego Food Bank and our North County Food Bank chapter partners with dozens of nonprofit organizations to distribute diapers to families in need throughout San Diego County.

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



REGION	DIAPER 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	Birthline Clairemont 9915 Business Park, Suite C San Diego, CA 92131	Monday, Tuesday, Wednesday, Thursday from 9:00 a.m. – 3:00 p.m. (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	San Diego Food Bank 9850 Distribution Avenue San Diego, CA 92121	Call to schedule an appointment for diapers and food. This is a one-time only food/diaper assistance site.	858-527-1419
Central	Sharia's Closet 6244 El Cajon Boulevard, #5 San Diego, CA 92115	Every Monday through Saturday 9:00 a.m. to 5:00 p.m. Please submit an assistance request before pick up on their website to obtain diapers and period supplies: https://www.shariascloset.org/	619-808-4979
Central	Jewish Family Service of San Diego 8804 Balboa Avenue San Diego, CA 92123	Please call 858-637-3027 to schedule a no touch diaper appointment.	858-637-3210
Central	Partnership for a Better San Diego 4265 Fairmount Avenue San Diego, CA 92105	Tuesday – Friday from 10:00 am – 4:00 pm by appointment only, no ID required. Call 619-321-6851 and leave a message to schedule.	619-321-6851
Central	Somali Bantu Association of America 5348 University Avenue, Ste. 203 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, 3rd Thursday of the month from 10:00 am – 12:30 pm. Period supplies also available. Email provisionsch@sdrock.com with any questions.	

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Central	Masjidul Taqwa San Diego, Feeding Our Community 2575 Imperial Avenue San Diego, CA 92104	Call 404-438-1991 for size and availability.	404-438-1991
Central	WeLuvSanDiego 6090 Banbury Street San Diego, CA 92139	Call 415-509-5688 for information.	415-509-5688
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	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	Helping Hands Ministry at St. Gabriel's Church 13734 Twin Peaks Road Poway, CA 92064	3rd Saturday of every month from 8:00 a.m. – 9:30 a.m. Period supplies also available.	858-748-5348
Central	Logan Temple A.M.E. Zion Church 302 South 32nd Street San Diego, CA 92113	Every Saturday, 9:00 am - 12:00 pm	760-704-7658
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.	619-723-6102
Central	St. Paul United Methodist Church 3094 L Street San Diego, CA 92102	Every Thursday from 12:00 pm – 1:30 pm. Diapers and period supplies available.	619-232-5683

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East County	Shepherd's Pantry 772 S. Johnson Avenue El Cajon, CA 92020	Every Saturday from 8:00 am – 10:00 am. Call for diaper size availability. No appointment required, diapers provided to children under 4 years.	619-442-9491
East County	San Diego Military Outreach Ministries 4426 Harbinson Avenue La Mesa CA 91942	Email at Office@SanDiegoMom.org to start the assessment process. Sizes and quantities are limited to availability.	619-461-4164
East County	Journey Community Church 8363 Center Drive La Mesa, CA 91942	3 rd Saturday of the month from 8:00 am – 10:00 am No Appointment required.	619-464-4544
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	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	Rock Church East County 808 Jackman Street El Cajon, CA 92020	Diapers and period supplies are available during the monthly food distribution, 3 rd Tuesday of every month, 10:00 am to 12:00pm. Sizes and quantities 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. Period supplies are also available. By appointment only.	619-472-3900

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South Bay	USO San Diego 2790 Truxtun Road, Suite 110 San Diego, CA 92106	Must have valid active duty or dependent military I.D. Diapers are distributed the 1st and 3rd Friday of the month from 12:00 pm – 2:00 pm. For more details, please follow us on social media: @usosandiego or call: 619-235-6503	619-235-6503
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 appointment. Diapers and period supplies available.	619-777-1124
South Bay	Operation Promise 3441 Main Street Chula Vista, CA 91911	Temporarily on hold	619-902-1206
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	Logan Temple AME Zion Church 302 S 32nd Street San Diego, CA 92113	Every Saturday from 10:00 am – 12:00 pm for food and diapers.	619-233-8780 757-802-0925
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	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
South Bay	South Bay Food Pantry 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	Friendships for Hope 2711 Burden Way (Behind Paradise Valley Church) National City, CA 91950	First Tuesday 9:00 am – 12:00 pm. Please call Peggy at 619-395-5088 to start the assessment process and check availability. Distribution limited to the following 5 - zip codes: 91950, 92139, 92113, 92114 & 92136.	619-395-5088
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

REGION	DIAPER DISTRIBUTION SITE	PROCESS AND QUALIFICATIONS	PHONE NUMBER
North County	Fallbrook Spanish 7th Day Adventist 439 Iowa Street Fallbrook, CA 92028	Diapers and period supplies available, 1 st Friday of every month from 6:00 pm – 7:00 pm.	760-468-4783
North County	MAAC Project Vista 956 Vale Terrace Drive Vista, CA 92084	1 st Wednesday from 7:30 am – 9:30 am, 3 rd 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	Mission San Luis Rey Parish 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

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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	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
North County	Grace Presbyterian Church 1450 E. Vista Way Vista, CA 92084	Monday, Tuesday, and Friday from 8:15 am – 9:15 am. Sizes are limited to availability.	760-724-0077
North County	Apostolic Assembly Church 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	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

This list was last updated on 02/15/24.