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	Monday, Wednesday, Thursday and Friday from 8:30 am - 4:30 pm and Tuesdays from 10:30 am - 6:30 pm. MUST be a CalWORKs recipient and part of the Step Forward program to access diapers and period supplies.	619-295-6067
Central	***The Salvation Army*** 2799 Health Center Drive San Diego, CA 92123	Wednesdays from 10:00 am - 12:00 pm and 1:00 pm - 3:00 pm For more information, please email michele.grosskrueger@usw.salvationarmy.org	858-483-1831
Central	***San Diego City College*** 1313 Park Blvd San Diego, CA 92101	Monday - Wednesday from 1:00 pm - 4:00 pm, Thursdays 10:00 am - 3:00 pm, and Fridays 10:00 am - 1:00 pm Participants must be enrolled at San Diego City College For more information, please email citybasicneeds@sdccd.edu	
Central	***New Day Urban Ministries*** 2459 Market Street San Diego, CA 92102	Monday - Friday from 9:00 am - 11:30 am, and Monday - Thursday from 1:00 pm - 3:00 pm For more information, please email info@newdayurbanministries.org	619-232-2753
Central	***Iglesia Casa de Alabanza*** 4250 El Cajon Blvd San Diego, CA 92105	First and last Monday of every month from 3:30 pm - 5:00 pm For more information, please email davidvlllbs@gmail.com	
Central	***ICNA Relief USA*** 7313 Carroll Road Suite D San Diego, CA 92121	Every Thursday from 10:00 am - 12:00 pm Call/Text (858) 433-7794 to receive diapers or to ask questions. For more information, please email rasi.fitria@icnarelief.org	(858) 433-7794
Central	***Home Start*** 404 Euclid Avenue Suite 328 San Diego, CA 92114	By Appointment Only Participants must be enrolled in our program	619-229-3660
Central	***38th Street Church of Christ*** 3805 Hemlock Street San Diego, CA 92113	Monday, Tuesday, Wednesday, Friday and Saturday from 9:00 am - 12:00 pm Participants need to schedule an appointment and bring the following documents to their first visit: Birth certificate of child needing diapers and Adult photo ID For more information, please email mezpeaches@yahoo.com	619-347-1495
Central	***Chicano Federation*** 3180 University Ave Suite 110 San Diego, CA 92104	Monday - Thursday 8:00 am - 5:30 pm and Friday 8:00 am - 4:30 pm For more information, please email resourcecenter@chicanofed.org or call 619-285-5600	619-285-5600
Central	***Birthline of San Diego*** 9915 Business Park, Suite C San Diego, CA 92131	Mon-Thurs 9:00am - 3:00pm, closed 12:00pm - 1:00pm for lunch. Office is closed on Fridays. Participants need to schedule an appointment and need to be enrolled in their program.	858-270-2491
Central	***San Diego Food Bank*** 9850 Distribution Avenue San Diego, CA 92121	Monday - Friday 8:00 am - 5:00 pm This is a one-time only food/diaper assistance site For more information, please email mthomson@sandiegofoodbank.org	858-527-1419

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Central	***Sharia's Closet*** 6244 El Cajon Boulevard, #5 San Diego, CA 92115	Monday - Saturday 9:00 am to 4:00 pm For more information, please email service@shariascloset.org	619-808-4979
Central	***Partnership for a Better San Diego*** 4265 Fairmount Avenue San Diego, CA 92105	Mondays 12:00 pm - 3:00pm and Thursdays 8 am-11 am For more information, please email npham@unionyes.org	619-302-0314
Central	***Somali Bantu Association of America*** 4975 University Avenue San Diego, CA 92105	Thursdays 9:00 am – 3:00 pm For more information, please email info@sbaoa.org or call (619)935-9736	619-935-9736
Central	***Rock Church City Heights*** 4001 El Cajon Boulevard San Diego, CA 92105	3rd Thursday of each month from 10:00 am – 12:00 pm (Exception April and June is the 2nd Thursday of the month) For questions or those needing emergency diapers please make a request via email provisionsch@sdrock.com	
Central	***Masjidul Taqwa San Diego, Feeding Our Community*** 2575 Imperial Avenue San Diego, CA 92104	2nd and 4th Saturday monthly from 11:00 am - 12:00 pm Wait in line for diapers and leave your name for our records.	404-438-1991
Central	***WeLuvSanDiego*** 221 N. Pico Fallbrook, CA 92028	2nd Tuesday of each month from 12:00 pm - 2:00 pm For more information, please email info@weluvsandiego.org	415-509-5688
Central	***Somali Family Service of San Diego*** 5348 University Avenue, Ste. 203 San Diego, CA 92105	3rd Tuesday of each month at 11:00 am For more information, please email iomar@sfssd.org or call 619-265-5821 ext 219	619-265-5821
Central	***Support the Enlisted Project (STEP)*** 9915 Businesspark Avenue, Suite A San Diego, CA 92131	Monday - Friday from 9:00 am - 3:00 pm and at distributions Open to all military and veteran families. Families must register online and work with their social worker to schedule an appointment at the warehouse. For more information please email info@teamstepusa.org	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 am – 9:30 am For more information, please email office@saintgabrielchurch.com or call 858-748-5348	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 For more information, please call 619-233-8780	619-233-8780
Central	***La Maestra Community Health Centers*** 4135 Fairmount Avenue San Diego, CA 92105	Every Thursday from 11:00 am until supplies run out	619-643-9026
Central	***Food Pantry at Chollas View Church*** 904 47th Street San Diego, CA 92102	Saturdays from 10:00 am - 12:00 pm For more information, please email ihemeros@aol.com or call 858-663-0471	858-663-0471
Central	***Black Infant Health/Neighborhood House Association*** 286 Euclid Avenue Suite 308 San Diego, CA 92114	Monday - Friday 9:00 am - 4:30 pm Please call to ensure correct diaper sizes are available	619-266-7466
Central	***Epiphany Women in Focus*** 5081 Logan Avenue San Diego, CA 92113	Monday - Friday from 10 am - 7 pm For more information regarding sizes and availability, please call (619) 915-6861	(619) 915-6861
Central	***St. Paul United Methodist Church*** 3094 L Street San Diego, CA 92102	1st and 4th Thursdays from 12:00 pm – 2:00 pm and 4:00 pm - 6:00 pm. Participants must qualify in accordance with government income guideline For more information, please email stpumcsd@sbcglobal.net	619-232-5683

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East County	***Shepherd's Pantry*** 772 S. Johnson Avenue El Cajon, CA 92020	2nd and 4th Saturday of the month, 8:00 am – 10:00 am Call for diaper size availability. Diapers provided to children 5 and under that are associated with the Food Bank Card. For more information please email, gsmc@foothillsumc.org	619-442-9491
East County	***San Diego Food Bank at Campo Education Center*** 36190 Church Road Campo, CA 91906	2nd Wednesday of the month from 9:00 am - 10:00 am For more information, please email mthomson@sandiegofoodbank.org	
East County	***San Diego Food Bank at Jamul Casino*** 14145 Campo Road Jamul, CA 91935	4th Tuesday of the month from 9:00 am - 10:00 am For more information, please email mthomson@sandiegofoodbank.org	
East County	***San Diego Food Bank at La Posta Casino*** 777 Crestwood Rd Boulevard, CA 91905	3rd Friday of the month from 9:00 am - 10:00 am For more information, please email mthomson@sandiegofoodbank.org	
East County	***San Diego Food Bank at Manzanita Activity Center (M.A.C.)*** 39 Crestwood Rd Boulevard, CA 91905	2nd Thursday of the month from 9:00 am - 10:00 am For more information, please email mthomson@sandiegofoodbank.org	
East County	***Salvation Army El Cajon*** 1025 E Main Street El Cajon, CA 92021	Mondays from 1:00 pm - 4:00 pm, Wednesdays from 2:30 pm - 4:00 pm, and Fridays 1:00 pm - 6:00 pm Participants must bring ID as proof of residence	619-440-4683
East County	***Floodwaters AAA*** 1283 E. Main Street Suite 109 El Cajon, CA 92020	Monday 11:00 am - 1:00 pm, Tuesday - Saturday By Appointment Only Call 619-306-9571 to schedule an appointment For more information, please email floodwatersaaa@gmail.com	619-306-9571
East County	***San Diego Military Outreach South Ministries*** 4426 Harbinson Avenue La Mesa CA 91942	Every Tuesday from 9:30 am - 1:30 pm and other days by appointment only Must be active duty military stationed in San Diego For more information, please email office4sdmom@yahoo.com	619-461-4164
East County	***Journey Community Church*** 8363 Center Drive La Mesa, CA 91942	2nd Friday of the month from 8:45 am – 9:45 am For more information, please email foodbank@journeycom.org	619-464-4544
East County	***Ministerio Tiempo Nuevo*** 2025 Harbison Canyon El Cajon, CA 92109	Monday - Thursday 9:30 am - 11:45 am For more information, please email mtnsandiego@gmail.com	619-765-9454
East County	***Spring Valley Community Church*** 3310 Bancroft Drive Spring Valley, CA 91977	Monday - Thursday 9:00 am - 12:00 pm Diapers are only available to parents who can show their children's birth certificates.	619-768-3876
East County	***Rock Church East County*** 808 Jackman Street El Cajon, CA 92020	3rd Tuesday of each month from 10:00 am - 12:00 pm while supplies last	619-226-7625
East County	***San Ysidro Health - Alpine WIC*** 1620 Alpine Boulevard, Suite 211 Alpine, CA 91901	Diapers are available in limited quantities. Office hours are from 8:00AM-5:00PM, with a 30 minute lunch break from 12:30PM-1:00PM at our clinics, Monday-Friday. No prior appointments are needed, walk-ins are welcome. For any questions please call us at (888) 942-7942 or email at wic@syhealth.org.	888-942-7942
East County	***Baby Ruth's Safe Haven*** 123 Worthington Street, Ste. 108 Spring Valley, CA 91977	2nd Saturday of each month from 3:00 pm - 4:00 pm For more information, please email babyruthssafehaven@gmail.com	928-210-2604

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South Bay	***Victory Resource Center*** 1220 3rd Avenue, Suite 1 Chula Vista, CA 91911	Monday, Wednesday, & Friday from 10:00 am – 1:00 pm walk-ins welcome, other days and times available by appointment only Period supplies for anyone in need, diapers available for children under 4. For more information, please email vrc@victorysouthbay.org	619-777-1124
South Bay	***Latter Rain Missions and Training Center*** 750 13th Street Suite A2 Imperial Beach, CA 91932	By Appointment on Mondays, Wednesdays and Fridays Please call 619-575-9026 to schedule an appointment	619-575-9026
South Bay	***Operation Promise*** 3441 Main Street Chula Vista, CA 91911	Monday - Friday 10:00 am - 4:00 pm One pack of diapers per child. Children must be living in the home with person picking up. For more information, please email operationpromise630@gmail.com	619-902-1206
South Bay	***Project 1:1*** 485 Imperial Beach Blvd Imperial Beach, CA 91932	3rd Saturday of the month from 10:00 am - 12:00 pm Participants must be registered with the San Diego Food Bank and have children under 5 For more information, please email diapers4me@yahoo.com	619-777-6723
South Bay	***South Bay Food Pantry*** 760 First Ave (at St. John's Episcopal Church) Chula Vista, CA 91910	Every Sunday, 12:30-1:30 pm Clients must register themselves and their children at the first visit For more information, please email foodpantry@firstuusandiego.org	619-271-5017
South Bay	***Friendships for Hope*** 2711 Burden Way (Behind Paradise Valley Church) National City, CA 91950	First Tuesday 8:00 am – 12:00 pm, and Friday 11:00am-12:00pm First come first serve For more information, please call 619-245-7293 or 619-395-5088	619-395-5088 619-245-7293
South Bay	***Hearts and Hands Working Together*** 2020 Alaquinas Drive San Ysidro, CA 92173 & 663 E San Ysidro Blvd San Ysidro, CA 92173	1st Tuesday of the month starting at 8:00 am until food is gone at 2020 Alaquinas Drive location Monday - Friday from 3:00 pm - 5:00 pm at 663 E San Ysidro Blvd location, with the exception of the 1st Tuesday and 3rd Friday of the month and Holidays For more information, please email jimenez.alicia@att.net	619-662-7592
South Bay	***San Ysidro Health - WIC National City*** 1136 D Avenue National City, CA 91950	Diapers are available in limited quantities. Office hours are from 8:00AM-5:00PM, with a 30 minute lunch break from 12:30PM-1:00PM at our clinics, Monday-Friday. No prior appointments are needed, walk-ins are welcome. For any questions please call us at (888) 942-7942 or email at wic@syhealth.org.	888-942-7942
South Bay	***San Ysidro Health Center WIC*** 886 Palm Ave Imperial Beach, CA 91932	Diapers are available in limited quantities. Office hours are from 8:00AM-5:00PM, with a 30 minute lunch break from 12:30PM-1:00PM at our clinics, Monday-Friday. No prior appointments are needed, walk-ins are welcome. For any questions please call us at (888) 942-7942 or email at wic@syhealth.org.	888-942-7942
South Bay	***Southwestern College*** 900 Otay Lakes Road Building 16, Room 104 Chula Vista, CA 91920	Monday and Tuesday 11:00 am - 5:00 pm, Wednesday and Thursday 8:30 am - 2:00 pm, and Friday 10:30 am - 2:00 pm Participants need to be enrolled at Southwestern College For more information, please email teros@swccd.edu	619-421-6700 ext.5404
North County	***Fallbrook Spanish 7th Day Adventist*** 439 Iowa Street Fallbrook, CA 92028	1st Friday of every month from 6:00 pm – 7:00 pm	760-468-4783
North County	***The Foundry Community Church*** 120 N. Ash Street Escondido, CA 92027	Tuesdays and Thursdays 11:00 am - 1:00 pm, Wednesdays 4:00 pm - 6:00 pm	442-777-2081

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North County	***Operation HOPE - North County*** 850 Townsite Drive Vista, CA 92084	Wednesdays from 3:00 pm - 5:00 pm For more information, please email vgarza@operationhopeshelter.org	760-206-3125
North County	***Palomar College*** 1140 W Mission Road San Marcos, CA 95069	Monday - Thursday from 9:00 am - 3:00 pm Participants must be enrolled at Palomar Community College and in at least one course during the semester of pickup	760-744-1150 ext. 3448
North County	***New Hope Community Church*** 2525 E. Valley Parkway Escondido, CA 92027	Fridays 12:00 pm - 1:30 pm For more information, please email office@newhopeescondido.org	760-532-3165
North County	***MiraCosta College*** 1 Barnard Drive Oceanside, CA 92083	Monday - Friday from 8:00 am - 3:00 pm Participants must be students enrolled at MiraCosta College	760-757-2121 ext. 2200
North County	***Grace Church San Marcos*** 855 E Barham Drive San Marcos, CA 92078	Sundays at 11:00 am and 2:00 pm For more information, please email info@gracesanmarcos.tv	760-761-4923
North County	***Brother Benno*** 3260 Production Ave Oceanside, CA 92058	Monday - Friday 6:30 am - 11:00 am, Saturday 9:00 am - 12:00 pm We ask that participants get a Brother Benno ID For more information, please call 760-231-1607 and ask for Rob Sanchez	760-231-1607
North County	***ASYMCA Camp Pendleton*** 200090 Ash Road, Wire Mountain Road Oceanside, CA 92058	4th Friday of every month from 9:00 am - 12:00 pm By appointment only	760-655-4086
North County	***CSU San Marcos*** 333 S. Twin Oaks San Marcos, CA 92096	Monday - Thursday 10:00 am - 5:00 pm For more information, please email cougarpantry@csusm.edu	
North County	***MAAC Project Vista*** 956 Vale Terrace Drive Vista, CA 92084	1st and 3rd Wednesdays from 7:30 am – 9:30 am and 4:00 pm – 6:00 pm For more information, please email nsantillan@maacproject.org	760-471-4210
North County	***Vista Community Clinic*** 605 San Diego St Oceanside, CA 92058 & 4700 N River Rd Oceanside, CA 92057	2nd Thursday of the month from 1:30 pm - 3:30 pm and 3rd Friday of the month from 9:00 am - 12:00 pm	760-631-5000 x1011
North County	***Mission San Luis Rey Parish*** 4070 Mission Avenue Oceanside, CA 92057	Tuesdays, Wednesdays and Thursdays from 9:00 am - 3:00 pm	760-547-0708
North County	***Ramona Food & Clothes Closet*** 773 Main Street Ramona, CA 92065	Monday – Friday 9:30 am – 5:00 pm Participants must sign up through the San Diego Food Bank For more information, please email food@foodandclothescloset.org	760-789-4458
North County	***Rock Church San Marcos*** 1370 W. San Marcos Boulevard San Marcos, CA 92078	1st Thursday of every month from 12:00 pm – 1:30 pm	619-226-7625

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North County	***St. Andrew's Episcopal Church*** 890 Balour Drive Encinitas, CA 92024	Thursdays from 2:00 pm – 4:00 pm Participants must be registered and have a child	760-753-3017
North County	***Lived Experiences, Inc.*** 610 N Redondo Drive Suite A Oceanside, CA 92057	Mondays - Friday from 11:00 am - 5:00 pm Participants must be low income For more information, please emaile oscarin@livedexperiences.org	619-368-3790
North County	***Foundation Matthew 633, Inc.*** *1800 N. Broadway* *Escondido, CA 92026*	Mondays and Fridays from 10:00 am – 11:30 am For more information, please email info@foundationmatthew633.org	619-253-9951
North County	***San Diego Christian Center*** 1305 Deodar Road Escondido, CA 92026	Diapers by appointment only For questions or to schedule an appointment, please call 760-707-6681	760-707-6681
North County	***Shaback Resource Center*** 272 East Via Rancho Parkway (Level 2, underneath Red Robin Gourmet Burgers and Brews) Escondido, CA 92025	Monday, Tuesday, Thursday and Friday 11:00 am - 4:00 pm, Wednesday 10:00 am - 1:30 pm, sometimes Saturday For more information, please call 619-519-9090	619-519-9090
North County	***North Coast Church*** 32077 Community Church Dr Pauma Valley, CA 92061	4th Wednesday of each month from 2:00 pm - 3:00 pm For more information, please email scarrcats@gmail.com	760-724-6700
North County	***Grace Presbyterian Church*** 1450 E. Vista Way Vista, CA 92084	Tuesday and Friday from 8:00 am – 9:00 am Sizes are limited to availability	760-724-0077
North County	***Apostolic Assembly Church*** 1717 East Lincoln Avenue Escondido, CA 92027	3rd Saturday of each month from 9:30 am - 10:30 am	760-738-1737
North County	***Julian Pathways, Inc.*** 1704 Cape Horn Julian, CA 92036	Monday - Friday from 8:00 am - 2:00 pm For more information, please email resources@julianpathways.org	760-765-2228
North County	***Client Choice Pantry (San Diego Food Bank, North County)*** 2260 Oak Ridge Way Vista, CA 92081	Monday 9am-11-45am, Tuesday-Friday 9am-11:45 & 1pm-3:15pm. In-person registration is required, select spots available for enrollment in program. No appointments needed to come in, enrollment and diaper distribution is open during regular pantry hours.	858-863-5177

This list was last updated on 7.16.26