



East County Food Resources

This list is subject to change without notice. Sites may be closed on holidays.
 If you have information regarding new or updated information, please get in touch with us at theechtfg@gmail.com.

Food Distribution Sites

Community	Name	Address & Phone	Days & Hours	Notes
Alpine	Bethel Christian Assembly	1929 Arnold Way (619) 445-5508	1 st & 3 rd Wednesday from 8:30 – 9:30 AM	Feeding San Diego Alpine Mobile Pantry
Alpine	First Baptist Church of Alpine	1912 Arnold Way (858) 452-3663	2 nd & 4 th Wednesday from 8:30 – 9:30 AM	Feeding San Diego Alpine Produce Pantry
Boulevard	Boulevard Mobile Pantry	40080 Old Hwy 80	1 st & 3 rd Monday from 9:00 – 10:00 a.m. Canceled on 1/15/24 for holiday, rescheduled for 1/22/24. Canceled on 2/19/24 for holiday, rescheduled for 2/26/24.	Feeding San Diego In parking lot next to what was the Manzanita Diner
Campo	Mountain Health Family Medicine / San Ysidro Health	976 Sheridan Rd. (619) 478-2384	Monday – Friday from 8:00 AM – 4:30 PM	Appointments preferred, but walk-ins will be accepted.

Campo	Mountain Health Family Medicine / San Ysidro Health	976 Sheridan Rd. (619) 478-2384	2 nd & 4 th Monday from 12:00 – 1:00 PM	Mobile Pantry
Descanso	Descanso Mobile Pantry	Descanso Library 9545 River Dr. (619) 445-5279	1 st & 3 rd Thursday from 9:00 – 10:00 a.m.	Feeding San Diego
El Cajon	Bethlehem Food Pantry Including: Little Lamb's Diaper & Just for Ewe Adult Programs	772 S. Johnson Ave. (619) 442-9491	Saturdays from 8:00 – 10:00 a.m. Diaper distribution on 2 nd & 4 th Saturdays	Across the street from Foothills United Methodist Church
El Cajon	El Cajon Produce Pantry	8800 Grossmont College Dr., Lot 7	4 th Friday from 10:00 – 11:00 AM	Feeding San Diego
El Cajon	El Cajon Seventh-day Adventist Church	1630 E. Madison Ave. (619) 444-0763	Tuesdays from 3:30 – 6:00 PM	Feeding San Diego
El Cajon	El Cajon Valley High School	1035 E. Madison Ave. (619) 401-4729	Wednesdays from 7:30 – 8:00 AM	Feeding San Diego. Call for eligibility requirements.
El Cajon	Holy Trinity Catholic Church Food Bank	405 Ballard St. (619) 444-9425	Monday – Friday 10:00 – 11:00 AM	For El Cajon residents only, ID required. Homeless are served as well. Bag of groceries max 5 times per year.
El Cajon	Meridian Baptist Church	660 South 3 rd St. (619) 444-3171	2 nd & 4 th Thursday at 4:00 PM until food runs out	Feeding San Diego. Gates open at 3:45 PM.
El Cajon	Our Lady of Grace	2566 Navajo Rd.	Monday – Friday	Ministry Center behind

	Catholic Church Food Pantry	(619) 469-0133	9:30 – 11:00 AM	Lauerman Hall
El Cajon	Risinghope (ECTLC)	1527 East Main St. (619) 800-3889	By appointment. Call first.	Feeding San Diego
El Cajon	Rock Church Food & Diaper Distribution	808 Jackman St. (619) 226-7625	3 rd Tuesday from 10:00 AM – 12:00 PM	Feeding San Diego
El Cajon	Salvation Army Food Distribution & Diaper Bank	1025 E. Main St. (619) 440-4683	Monday 1:00 - 4:00 PM 1 st , 2 nd , 4 th Wednesday 2:30 - 4:00 PM 3 rd Wednesday Commodities Only 9:00 AM - Noon Friday 1:00 - 6:00 PM	Social services same as pantry hours.
El Cajon	Shadow Mountain Community Church	2100 Greenfield Dr. (619) 440-1802	Approved clients: Mondays between 1:00-6:00 PM and Fridays between 8:00 AM and 1:00 PM	Registration & ID required. Closed for new applicants. Call for more information.
El Cajon	Sustaining Grace Outreach Center	270 Douglas Ave., Suite 102-A (619) 401-4006	Monday – Friday 10:00 AM – 3:00 PM	Emergency Food Box
Guatay	Guatay Mobile Pantry	27521 Old Hwy 80	2 nd & 4 th Thursday from 9:00 – 10:00 AM	Feeding San Diego
Jacumba	Jacumba Produce Pantry	44600 Old Hwy 80 (near Smith Youth Ctr.)	Feb 5, 2024 from 9:00 – 10:00 AM	Feeding San Diego
Jacumba	Jacumba Mobile Pantry	44600 Old Hwy 80 (near Smith Youth Ctr.)	Jan 22, Feb 12, Feb 26 from 9:00 – 10:00 AM	Feeding San Diego
Jamul	Jamul Community Church, Office and Ministry Center	14866 Lyons Valley Rd. (619) 669-7203	Thursdays from 10:00 AM – 3:30 PM	Feeding San Diego

<p>La Mesa</p>	<p>Journey Community Church Food Bank</p>	<p>8363 Center St. (619) 464-4544</p> <p>Look for the Journey Food Ministries sign on the southwest corner of the shopping center at the corner of Center Drive and Hercules Street.</p>	<p>1st & 4th Thursday at 5:30 PM</p> <p>2nd Friday at 9:00 AM (produce only)</p> <p>3rd Saturday at 8:30 AM</p> <p>Seniors only on the 2nd & 4th Wednesday from 10:00 AM - 12:00 PM</p> <p>Diaper Distribution: 2nd Friday at 9:00 AM & 3rd Saturday from 8:00 - 10:00 AM</p>	<p>Please be in line by the start time and bring bags.</p>
<p>La Mesa</p>	<p>Our Church (formerly Crosspointe)</p>	<p>8809 La Mesa Blvd. (619) 464-3077 (call or text)</p>	<p>Tuesdays and Thursdays from 9:30 - 11:30 a.m.</p>	<p>Participants can come one day per week.</p>
<p>La Mesa</p>	<p>Our Church (formerly Crosspointe)</p>	<p>8809 La Mesa Blvd. (619) 464-3077 (call or text)</p>	<p>4th Saturday at 9:00 AM</p>	<p>Feeding San Diego ID required. Bring your own bags/boxes.</p>
<p>La Mesa</p>	<p>Word of Life Worship Center</p>	<p>8691 Echo Dr. (619) 271-8800</p>	<p>1/12/2024: Confirming days and times</p>	
<p>Lakeside</p>	<p>Lakeside Christian Helps Center</p>	<p>9931 Channel Rd. (619) 561-3488</p>	<p>Monday – Thursday 10:00 AM – Noon</p>	<p>Federal Emergency Food Assistance Program – Please bring your own bag.</p>
<p>Lakeside</p>	<p>Skyline Church</p>	<p>9455 Los Coches Rd. (619) 660-5000</p>	<p>1st Tuesday at 1:00 PM (arrive by 1:30 PM)</p>	<p>Food distribution</p>

Lemon Grove	Christian Church of Lemon Grove	6970 San Miguel Ave. (619) 465-1888	2 nd & 4 th Tuesday from 3:00 – 5:00 PM	
Lemon Grove	Lemon Grove Foursquare Church	2115 Lemon Grove Ave. (619) 252-7406	3 rd Friday from 1:00 - 2:00 PM	Please bring your own reusable bags.
Lemon Grove	Lemon Grove Lutheran Church	2055 Skyline Dr. (619) 465-7301	Food Pantry: Monday - Thursday 9:00 a.m. - 12:00 p.m. Food Distributions: First Friday 9:00 - 11:00 a.m. <i>for Lemon Grove residents only.</i> Last Friday 9:00 - 11:00 a.m.	
Lemon Grove	North Park Apostolic Church	2515 Lemon Grove Ave. (619) 229-2800	Wednesday & Thursday from 12:00 – 3:00 PM	Wednesdays: Bungalow in rear of the parking lot. Thursdays: Driver-thru service in front parking lot.
Potrero	Potrero Mobile Pantry	24954 Potrero Valley Rd. (At Broken Bone Lane junction)	1 st & 3 rd Thursday from 12:00 – 1:00 PM	Feeding San Diego
Santee	Guardian Angels Catholic Church	9310 Dalehurst Rd. (619) 448-1213	Monday – Friday 9:00 AM – 4:00 PM	Food Pantry for people who reside in Santee, Zip 92071
Santee	Santee Food Bank Food Distribution	9715 Halberns Blvd. (619) 448-2096	Wednesday, Friday, Saturday from 8:00 – 11:00 AM	Available for any San Diego County resident in need once every calendar month

Santee	Santee Food Bank Commodities Distribution	9715 Halberns Blvd. (619) 448-2096	3 rd Tuesday from 8:00 – 11:00 AM	Federal Emergency Food Assistance Program
Spring Valley	Faith Chapel	9400 Campo Rd. (619) 461-7451	1 st and 3 rd Monday from 10:00 – 11:00 AM	Feeding San Diego
Spring Valley	Grace Covenant Church – LJC Ministries	9140 Akard St. (619) 267-7090	1 st & 3 rd Thursday from 10:30 AM – 12:00 PM	Feeding San Diego
Spring Valley	Heaven's Windows	Goodland Acres Park 8848 Troy St. (619) 825-8489	Tuesday – Friday 9:00 AM – 12:00 PM	Federal Emergency Food Assistance Program
Spring Valley	Kempton Literacy Academy	740 Kempton St. (619) 668-5870 ext. 4497	2 nd Friday from 8:15 – 9:00 AM	Call first. There may be eligibility requirements.
Spring Valley	New Seasons Church	2300 Bancroft Dr. (619) 463-0725	4 th Tuesday from 9:00 – 10:30 AM	Monthly Food Distribution
Spring Valley	New Seasons Church	2300 Bancroft Dr. (619) 463-0725	2 nd Wednesday from 9:00 AM – 12:00 PM	Low-Income Senior Commodities Food Distribution
Spring Valley	Santa Sophia Catholic Church St. Vincent de Paul Pantry	9800 Juan St. (619) 463-6629 ext. 235	Tuesday, Thursday & Saturday from 9:30 – 11:00 AM	Proof of ID and address required.
Spring Valley	Spring Valley Community Church	3310 Bancroft Dr. (619) 342-1414	Monday – Thursday 9:00 AM – 12:00 PM	Joseph's Storehouse Emergency Food Pantry ID needed for food and birth certificates required for diapers.

Spring Valley	Spring Valley Community Church	3100 Bancroft Dr. (619) 342-1414	4 th Tuesday from 9:00 AM – 12:00 PM	Feeding San Diego
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Meals

Community	Name	Address & Phone	Days & Hours	Notes
La Mesa	La Mesa First United Methodist Church's Fresh Start Saturday	4690 Palm Ave. (619) 466-4163	Last Saturday of the month from 9:00 - 11:30 AM	Hot breakfast, showers, to-go lunch bags, hygiene items, clothing, Pronto cards.
La Mesa	His Table Community Gathering (Legacy Church)	La Mesa Village Church 8111 Orange Ave. (619) 337-0024	3 rd Saturday from 1:00 – 3:00 PM	Offering a meal, shower, haircut, live music clothing, and hygiene products.
La Mesa	Our Church (formerly Crosspointe)	8809 La Mesa Blvd. (619) 464-3077 (call or text)	Last Tuesday from 6:00 – 8:00 PM	
La Mesa	Vista La Mesa Christian Church Welcome Saturday	4210 Massachusetts Ave. (619) 463-9909	2 nd Saturday from 9:00 AM – 12:00 PM	Hot breakfast, showers, toiletries, clothing, and lunch to go.
Lemon Grove	Lemon Grove Lutheran Church	2055 Skyline Dr. (619) 465-7301	Mondays at 5:30 PM	Except on holidays.
Santee	Santee United Methodist Church	8964 N. Magnolia Ave. (619) 448-4456	1 st Saturday at 8:00 AM	Community Pancake Breakfast