



## East County Food Resource Guide – 2024 Summertime Edition

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 [theecht@gmail.com](mailto:theecht@gmail.com).

### Food Distribution Sites

Community	Location	Address & Phone	Days & Hours	Notes
<b>Alpine</b>	<a href="#">Bethel Christian Assembly</a>	1929 Arnold Way (619) 445-5508	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday from 8:30 – 9:30 AM	Feeding San Diego Alpine Mobile Pantry
<b>Alpine</b>	First Baptist Church of Alpine	1912 Arnold Way (858) 452-3663	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday from 8:30 – 9:30 AM	Feeding San Diego Alpine Produce Pantry
<b>Boulevard</b>	Boulevard Mobile Pantry	40080 Old Hwy 80	1 <sup>st</sup> & 3 <sup>rd</sup> Monday from 9:00 – 10:00 a.m.	Feeding San Diego  In parking lot next to what was the Manzanita Diner
<b>Borrego Springs</b>	<a href="#">Borrego Springs Library</a>	2580 Country Club Road (760) 767-5761  <a href="mailto:borregolibrary@sdcounty.ca.gov">borregolibrary@sdcounty.ca.gov</a>	Tuesday, June 18, 12:00 – 1:00 PM  Wednesdays – 8:00 – 9:00 AM (July 3, July 17, August 7, August 21, September 4)	Feeding San Diego is hosting free food distributions. Please bring your own bags and/or a wagon or cart. Food is distributed on a first-come, first-serve basis.

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<b>Campo</b>	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.
<b>Campo</b>	Mountain Health Family Medicine / San Ysidro Health	976 Sheridan Rd.  (619) 478-2384	2 <sup>nd</sup> & 4 <sup>th</sup> Monday from 12:00 – 1:00 PM	Mobile Pantry
<b>Descanso</b>	<a href="#">Descanso Library</a>	9545 River Dr.  (619) 445-5279  descansolibrary@sdcounty.ca.gov	June 20, July 4, July 18, August 1, August 15, September 5  9:00 – 10:00 a.m.	Feeding San Diego Mobile Food Pantry
<b>El Cajon</b>	<a href="#">Bethlehem Food Pantry</a>  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 <sup>nd</sup> & 4 <sup>th</sup> Saturdays	Across the street from Foothills United Methodist Church
<b>El Cajon</b>	<a href="#">El Cajon Library</a>	201 E. Douglas  (619) 588-3718  <a href="mailto:elcajonlibrary@sdcounty.ca.gov">elcajonlibrary@sdcounty.ca.gov</a>	Thursdays – 11:30 AM – 1:00 PM (June 20, June 27, July 4, July 11, July 18, July 25, August 1)  <i>*June 20 will be dry and shelf-stable goods only.</i>	Come pick up produce and dry goods from our weekly food pantry, provided by Feeding San Diego. No registration is required. While supplies last.
<b>El Cajon</b>	El Cajon Produce Pantry	8800 Grossmont College Dr., Lot 7	4 <sup>th</sup> Friday from 10:00 – 11:00 AM	Feeding San Diego
<b>El Cajon</b>	<a href="#">El Cajon Seventh-day Adventist Church</a>	1630 E. Madison Ave.  (619) 444-0763	Tuesdays from 3:30 – 6:00 PM	Feeding San Diego
<b>El Cajon</b>	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.

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El Cajon	<a href="#">Holy Trinity Catholic Church</a> 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	<a href="#">Meridian Baptist Church</a>	660 South 3 <sup>rd</sup> St. (619) 444-3171	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday at 4:00 PM until food runs out	Feeding San Diego. Gates open at 3:45 PM.
El Cajon	<a href="#">Our Lady of Grace Catholic Church Food Pantry</a>	2566 Navajo Rd. (619) 469-0133	Monday – Friday 9:30 – 11:00 AM	Ministry Center behind Lauerman Hall
El Cajon	Risinghope (ECTLC)	1527 East Main St. (619) 800-3889	By appointment. Call first.	Feeding San Diego
El Cajon	<a href="#">Rock Church</a> Food & Diaper Distribution	808 Jackman St. (619) 226-7625	3 <sup>rd</sup> Tuesday from 10:00 AM – 12:00 PM	Feeding San Diego
El Cajon	<a href="#">Salvation Army</a> Food Distribution & Diaper Bank	1025 E. Main St. (619) 440-4683	Monday 1:00 - 4:00 PM 1 <sup>st</sup> , 2 <sup>nd</sup> , 4 <sup>th</sup> Wednesday 2:30 - 4:00 PM 3 <sup>rd</sup> Wednesday Commodities Only 9:00 AM - Noon Friday 1:00 - 6:00 PM	Social services same as pantry hours.
El Cajon	<a href="#">Shadow Mountain Community Church</a>	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.

<b>Community</b>	<b>Location</b>	<b>Address &amp; Phone</b>	<b>Days &amp; Hours</b>	<b>Notes</b>
<b>El Cajon</b>	<a href="#">Sustaining Grace Outreach Center</a>	270 Douglas Ave., Suite 102-A (619) 401-4006	Monday – Friday 10:00 AM – 3:00 PM	Emergency Food Box
<b>Guatay</b>	Guatay Mobile Pantry	27521 Old Hwy 80	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday from 9:00 – 10:00 AM	Feeding San Diego
<b>Jacumba</b>	Jacumba Produce Pantry	44600 Old Hwy 80 (near Smith Youth Ctr.)	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays from 9:00 – 10:00 AM	Feeding San Diego
<b>Jacumba</b>	Jacumba Mobile Pantry	44600 Old Hwy 80 (near Smith Youth Ctr.)	2 <sup>nd</sup> & 4 <sup>th</sup> Mondays from 9:00 – 10:00 AM	Feeding San Diego
<b>Jamul</b>	<a href="#">Jamul Community Church, Office and Ministry Center</a>	14866 Lyons Valley Rd. (619) 669-7203	Thursdays from 10:00 AM – 3:30 PM	Feeding San Diego
<b>La Mesa</b>	<a href="#">Journey Community Church Food Bank</a>	8363 Center St. (619) 464-4544  Look for the Journey Food Ministries sign on the southwest corner of the shopping center at the corner of Center Drive and Hercules Street.	1 <sup>st</sup> & 4 <sup>th</sup> Thursday at 5:30 PM  2 <sup>nd</sup> Friday at 9:00 AM (produce only)  3 <sup>rd</sup> Saturday at 8:30 AM  Seniors only on the 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday from 10:00 AM - 12:00 PM  Diaper Distribution: 2 <sup>nd</sup> Friday at 9:00 AM & 3 <sup>rd</sup> Saturday from 8:00 - 10:00 AM	Please be in line by the start time and bring bags.
<b>La Mesa</b>	<a href="#">Our Church</a> (formerly Crosspointe)	8809 La Mesa Blvd. (619) 464-3077 (call or text)	Tuesdays and Thursdays from 9:30 - 11:30 a.m.	Participants can come one day per week.

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<b>La Mesa</b>	<a href="#">Our Church</a> (formerly Crosspointe)	8809 La Mesa Blvd. (619) 464-3077 (call or text)	4 <sup>th</sup> Saturday at 9:00 AM	Feeding San Diego ID required. Bring your own bags/boxes.
<b>Lakeside</b>	Lakeside Christian Helps Center	9931 Channel Rd. (619) 561-3488	Monday – Thursday 10:00 AM – Noon	<a href="#">Federal Emergency Food Assistance Program</a> – Please bring your own bag.
<b>Lakeside</b>	<a href="#">Lakeside Library</a>	12428 Woodside Ave. (619) 443-1811 <a href="mailto:lakesidelibrary@sdcounty.ca.gov">lakesidelibrary@sdcounty.ca.gov</a>	Fridays – 1:00 – 2:00 PM June 28, July 26, August 23  Meet the Feeding San Diego CalFresh Team on June 28 from 1-2 pm to apply for benefits.	Come pick up free fresh produce and non-perishable foods provided by Feeding San Diego while supplies last.  Please bring reusable bags if you can.
<b>Lakeside</b>	<a href="#">Skyline Church</a>	9455 Los Coches Rd. (619) 660-5000	1 <sup>st</sup> Tuesday at 1:00 PM (arrive by 1:30 PM)	Food distribution
<b>Lemon Grove</b>	<a href="#">Christian Church of Lemon Grove</a>	6970 San Miguel Ave. (619) 465-1888	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday from 3:00 – 5:00 PM	
<b>Lemon Grove</b>	<a href="#">Lemon Grove Foursquare Church</a>	2115 Lemon Grove Ave. (619) 252-7406	3 <sup>rd</sup> Friday from 1:00 - 2:00 PM	Please bring your own reusable bags.

Community	Location	Address & Phone	Days & Hours	Notes
<b>Lemon Grove</b>	<a href="#">Lemon Grove Lutheran Church</a>	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.	
<b>Lemon Grove</b>	<a href="#">North Park Apostolic Church</a>	2515 Lemon Grove Ave.  (619) 229-2800	Wednesday & Thursday from 12:00 – 3:00 PM	Wednesdays: Bungalow in rear of the parking lot.  Thursdays: Drive-thru service in front parking lot.
<b>Lemon Grove</b>	<a href="#">Lemon Grove Recreation Center</a>	3131 School Lane	3 <sup>rd</sup> Thursday from 9:00 AM – while food lasts	Lemon Grove residents ONLY. Must show proof of residency.  Drive-thru food distribution courtesy of Thrive Lemon Grove.  No walk-ups allowed. Please stay in your car and make sure your trunk is clear so food can be loaded.

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<b>Potrero</b>	Potrero Mobile Pantry	24954 Potrero Valley Rd. (At Broken Bone Lane junction)	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday from 12:00 – 1:00 PM	Feeding San Diego
<b>Santee</b>	<a href="#">Guardian Angels Catholic Church</a>	9310 Dalehurst Rd. (619) 448-1213	Monday – Friday 9:00 AM – 4:00 PM	Food Pantry for people who reside in Santee, Zip 92071
<b>Santee</b>	<a href="#">Santee Food Bank</a> 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
<b>Santee</b>	<a href="#">Santee Food Bank</a> Commodities Distribution	9715 Halberns Blvd. (619) 448-2096	3 <sup>rd</sup> Tuesday from 8:00 – 11:00 AM	<a href="#">Federal Emergency Food Assistance Program</a>
<b>Spring Valley</b>	<a href="#">Faith Chapel</a>	9400 Campo Rd. (619) 461-7451	1 <sup>st</sup> and 3 <sup>rd</sup> Monday from 10:00 – 11:00 AM	Feeding San Diego
<b>Spring Valley</b>	<a href="#">Grace Covenant Church</a> – LJC Ministries	9140 Akard St. (619) 267-7090	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday from 10:30 AM – 12:00 PM	Feeding San Diego
<b>Spring Valley</b>	<a href="#">Heaven's Windows</a>	Goodland Acres Park 8848 Troy St. (619) 825-8489	Tuesday – Friday 9:00 AM – 12:00 PM	<a href="#">Federal Emergency Food Assistance Program</a>
<b>Spring Valley</b>	<a href="#">Kempton Literacy Academy</a>	740 Kempton St. (619) 668-5870 ext. 4497	2 <sup>nd</sup> Friday from 8:15 – 9:00 AM	Call first. There may be eligibility requirements.
<b>Spring Valley</b>	<a href="#">New Seasons Church</a>	2300 Bancroft Dr. (619) 463-0725	4 <sup>th</sup> Tuesday from 9:00 – 10:30 AM	Monthly Food Distribution

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<b>Spring Valley</b>	<a href="#">New Seasons Church</a>	2300 Bancroft Dr. (619) 463-0725	2 <sup>nd</sup> Wednesday from 9:00 AM – 12:00 PM	Low-Income Senior Commodities Food Distribution
<b>Spring Valley</b>	<a href="#">Santa Sophia Catholic Church St. Vincent de Paul Pantry</a>	9800 Juan St. (619) 463-6629 ext. 235	Tuesday, Thursday & Saturday from 9:30 – 11:00 AM	Proof of ID and address required.
<b>Spring Valley</b>	<a href="#">Spring Valley Community Church</a>	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.
<b>Spring Valley</b>	Spring Valley Community Church	3100 Bancroft Dr. (619) 342-1414	4 <sup>th</sup> Tuesday from 9:00 AM – 12:00 PM	<a href="#">Feeding San Diego</a>



## Meals

Community	Location	Address & Phone	Days & Hours	Notes
El Cajon	<a href="#">Empower/District Office</a>	165 Roanoke Rd. (619) 588-3000	June 25 – August 2* 12:00 – 1:00 PM <i>*No lunch served on July 4 or 5</i>	Cajon Valley Summer Lunch Program  FREE to all children ages 1 – 18  Meals must be consumed on site
El Cajon	<a href="#">El Cajon Valley High School</a>	1035 E. Madison Ave. (619) 644-8183	Monday – Friday until June 28 12:00 – 12:30 PM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site
El Cajon	<a href="#">Granite Hills High School</a>	1719 E. Madison Ave. (619) 644-8183	Monday – Friday until June 28 10:30 – 11:00 AM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site
El Cajon	<a href="#">Grossmont High School</a>	1100 Murray Dr. (619) 644-8183	Monday – Friday until June 28 12:00 – 12:30 PM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site

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El Cajon	<a href="#">Jamacha Elementary</a>	2962 Jamul Dr. (619) 588-3000	June 25 – August 2* 12:00 – 1:00 PM <i>*No lunch served on July 4 or 5</i>	Cajon Valley Summer Lunch Program  FREE to all children ages 1 – 18  Meals must be consumed on site
El Cajon	<a href="#">Lexington Elementary</a>	1145 Redwood Ave. (619) 588-3000	June 25 – August 2* 12:00 – 1:00 PM <i>*No lunch served on July 4 or 5</i>	Cajon Valley Summer Lunch Program  FREE to all children ages 1 – 18  Meals must be consumed on site
El Cajon	<a href="#">Los Coches Creek Middle School</a>	9669 Dunbar Ln. (619) 588-3000	June 25 – August 2* 1:30 – 2:30 PM <i>*No lunch served on July 4 or 5</i>	Cajon Valley Summer Lunch Program  FREE to all children ages 1 – 18  Meals must be consumed on site
El Cajon	<a href="#">Magnolia Elementary</a>	650 Greenfield Dr. (619) 588-3000	June 25 – August 2* 1:30 – 2:30 PM <i>*No lunch served on July 4 or 5</i>	Cajon Valley Summer Lunch Program  FREE to all children ages 1 – 18  Meals must be consumed on site

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<b>El Cajon</b>	<a href="#">Montgomery Middle School</a>	1570 Melody Ln. (619) 588-3000	June 25 – August 2* 1:30 – 2:30 PM <i>*No lunch served on July 4 or 5</i>	Cajon Valley Summer Lunch Program  FREE to all children ages 1 – 18  Meals must be consumed on site
<b>El Cajon</b>	<a href="#">Valhalla High School</a>	1725 Hillside Rd. (619) 644-8183	Monday – Friday until June 28 11:45 AM – 12:15 PM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site
<b>La Mesa</b>	<a href="#">Avocado Elementary</a>	3845 Avocado School Rd. (619) 588-3000	June 25 – August 2* 1:30 – 2:30 PM <i>*No lunch served on July 4 or 5</i>	Cajon Valley Summer Lunch Program  FREE to all children ages 1 – 18  Meals must be consumed on site
<b>La Mesa</b>	<a href="#">Helix Charter High School</a>	4200 Lowell St. (619) 644-8183	Monday – Friday until June 28 11:45 AM – 12:15 PM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site

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<b>La Mesa</b>	<a href="#">La Mesa First United Methodist Church's Fresh Start Saturday</a>	4690 Palm Ave. (619) 466-4163	June 29, July 27, August 31  Last Saturday of the month from 8:00 - 10:00 AM	Hot breakfast, showers, to-go lunch bags, hygiene items, clothing, Pronto cards.
<b>La Mesa</b>	His Table Community Gathering ( <a href="#">Legacy Church</a> )	La Mesa Village Church 8111 Orange Ave. (619) 337-0024	3 <sup>rd</sup> Saturday from 1:00 – 3:00 PM	Offering a meal, shower, haircut, live music clothing, and hygiene products.
<b>La Mesa</b>	<a href="#">Our Church</a> (formerly Crosspointe)	8809 La Mesa Blvd. (619) 464-3077 (call or text)	Last Tuesday from 6:00 – 8:00 PM	
<b>La Mesa</b>	<a href="#">Vista La Mesa Academy</a>	3900 Violet St. (619) 517-2577 x2601	June 24 – July 19  Breakfast and Lunch	Please call to confirm availability
<b>La Mesa</b>	<a href="#">Vista La Mesa Christian Church</a> Welcome Saturday	4210 Massachusetts Ave. (619) 463-9909	2 <sup>nd</sup> Saturday from 9:00 AM – 12:00 PM	Hot breakfast, showers, toiletries, clothing, and lunch to go.
<b>Lakeside</b>	<a href="#">El Capitan High School</a>	10410 Ashwood St. (619) 644-8183	Monday – Friday until June 10 – June 28  11:30 AM – 12:00 PM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site

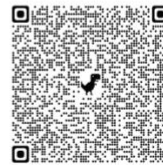
<b>Community</b>	<b>Location</b>	<b>Address &amp; Phone</b>	<b>Days &amp; Hours</b>	<b>Notes</b>
<b>Lakeside</b>	<a href="#">Lakeside Clubhouse</a>	12824 Lakeshore Dr. (619) 443-9293	Monday – Friday June 17 – August 2 Breakfast at 9:00 AM Lunch at 12:00 PM	Boys & Girls Clubs of East County  CALL FOR INFO  There is an enrollment fee
<b>Lakeside</b>	<a href="#">Lakeside Middle School</a>	11833 Woodside Ave. (619) 390-2630	Monday – Friday June 17 – August 9 Breakfast at 8:45 AM Lunch at 12:30 PM	Meals for kids 18 and younger
<b>Lakeside</b>	<a href="#">Lemon Crest Elementary</a>	12463 Lemon Crest Dr. (619) 390-2630	Monday – Friday June 17 – August 9 Breakfast at 8:45 AM Lunch at 12:30 PM	Meals for kids 18 and younger
<b>Lemon Grove</b>	<a href="#">Lemon Grove Lutheran Church</a>	2055 Skyline Dr. (619) 465-7301	Mondays at 5:30 PM	Except on holidays
<b>Santee</b>	<a href="#">Santee United Methodist Church</a>	8964 N. Magnolia Ave. (619) 448-4456	1 <sup>st</sup> Saturday at 8:00 AM	Community Pancake Breakfast
<b>Spring Valley</b>	<a href="#">Monte Vista High School</a>	3230 Sweetwater Springs Blvd. (619) 644-8183	Monday – Friday until June 28 12:00 – 12:30 PM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site

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<b>Spring Valley</b>	<a href="#">Mount Miguel High School</a>	8585 Blossom Lane (619) 644-8183	Monday – Friday until June 28  11:45 AM – 12:15 PM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site
<b>Spring Valley</b>	<a href="#">Steele Canyon High School</a>	12440 Campo Rd. (619) 644-8183	Monday – Friday until June 28  10:00 – 11:00 AM	GUHSD Summer Meal Program for all students in the community under the age of 18  Meals must be consumed on site



# FREE MEALS ALL SUMMER LONG!

Text **FOOD**  
to **304-304**  
for a location  
near you.



Summer Meal Programs are  
open to all youth 18 and  
under - no paperwork  
required.



# ¡Aliméntate sanamente **GRATIS** este verano!

Envíe un mensaje  
de texto con  
**COMIDA** al  
**304-304** para  
una ubicación  
cerca de usted.



El Programa de Alimentos para el  
Verano sirve alimentos saludables  
y gratuitos a **TODOS** los niños y  
adolescentes menores de 18 años.  
No se requiere papeleo.

