

Food Distributions & Food Pantries

Food pantries and distributions are open to anyone, and several still have drive-through options.

Feeding San Diego at (858)452-3663 or go to feedingsandiego.org/get-help.

Jacobs & Cushman San Diego Food Bank at (866)350-3663 or go to sandiegofoodbank.org/gethelp.

The Salvation Army go to <https://shorturl.at/hQX67> to find the nearest location.

You can also **call 2-1-1** to find the food distribution nearest you.

Visit our website sdhunger.org/resources#distribution

Food assistance is NOT a Public Charge. Using food assistance will not negatively affect your immigration status.

Contact us

Mailing Address:
845 15th Street, Ste 103
San Diego, CA 92101

(619) 501-7917
info@sdhunger.org

Share this flyer in other languages:



San Diego County Food Assistance Resources

Spring 2024 sponsored by:



Updated as of 02/21/2024



CalFresh (also known as SNAP or food stamps)

This program provides money on a debit-like card to use at grocery stores & farmers' markets to buy food when money is tight.

Who qualifies? Income limit varies by household size. For a family of 4, the income limit is \$5,000/month.

Household size	Gross Monthly Income 200% FPL	Monthly CalFresh Benefit Range
1	\$2,430	\$23-291
2	\$3,288	\$23-535
3	\$4,144	\$23-766
4	\$5,000	\$23-973
5	\$5,858	\$23-1155
+ Family Member	+ \$858	+ \$219

How much will I get? Benefits are based on household income and expenses. Report all eligible monthly expenses such as rent, utilities, childcare or medical bills to increase your benefit amount.

Ways to apply: 1) Apply online at Benefits Cal, benefitscal.com; 2) Call 2-1-1 San Diego (dial 211); or 3) find a qualified nonprofit near you to help you through the process: sdhunger.org/getcalfresh.


School Meals & Summer-EBT



During the school year, school breakfast and lunch are free for all students in California.

Each district collects meal applications or household income forms from parents to secure valuable funding for schools.



Summer-EBT in 2024! It's a new program that will provide \$120 in a one-time payment to buy groceries during summertime on a debit-like card. 

Children who are already enrolled on CalFresh, CalWorks and Medi-Cal will be automatically certified to receive benefits. If not, parents will need to opt in through an alternative income form, so their children can access to Summer-EBT. Visit our website sdhunger.org for upcoming updates.

Meals for Older Adults

Low- to no-cost meals are available for older adults ages 60+. Visit bit.ly/older-adult-meals or call 2-1-1.


Meals on Wheels offers the choice of one or two nutritious meals for seven days a week. Sign up at meals-on-wheels.org/get-meals/sign-up-get-meals/ or for more information, call (619) 260-6110.

Jacobs & Cushman San Diego Food Bank provides food boxes at sites countywide. Call (866) 350-3663 or go to sandiegofoodbank.org/gethelp.



Women, Infant & Children

Provides breastfeeding support, nutrition education, and money for healthy food for pregnant and breastfeeding mothers and children ages 0-5. For more information, visit sdwic.com or call 2-1-1.

Who qualifies? Eligibility is based on  household income. For two people, the income limit is \$3,041/month. For a family of 4, the limit is \$4,625/month. WIC does not count Basic Allowance for Housing (BAH) for military families.