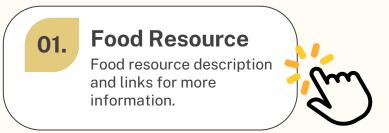
HOOOD SECURITY RESOURCES

This is a collection of upcoming food distributions and organizations that provide food resources to your community. You'll find a link in each resource description to learn more/apply.



SCAN THE QR CODE TO VIEW ONLINE AND SHARE WITH YOUR CONTACTS!









A.S. Food Pantry

The Associated Students Food Pantry (located at the Aztec Student Union, 2nd Floor) provides free, nutritious food for all SDSU students and connects students with other basic needs resources on campus. The A.S. Food Pantry is for all SDSU students with a Red ID, including those enrolled through SDSU Global Campus programs. No proof of need is required.

Click <u>here</u> for more info.





Feeding San Diego

Feeding San Diego provides more than 31+ million meals each year to San Diegans in need, partnering with 350+ local charities, schools, and community organizations to distribute food across the region.

Click <u>here</u> to find a food distribution site near you.





CalFresh

CalFresh is a government program that can provide monthly food benefits to individuals and families through an Electronic Benefit Transfer (EBT) card. There are eligibility requirements including income levels, but students may qualify if they have an EFC of 0, are eligible for Federal Work Study, or if they meet the standard eligibility criteria. Click here for more info.

04.



2-1-1

Anyone within the United States may find resources near them by either dialing 2-1-1 or by visiting 211.org

These resources include, but are not limited to, food distribution sites, food pantries, CalFresh information, and more.

SDSU Basic Needs Center recommends students submit a <u>Request for Assistance form</u> if they are facing food insecurity or are in an immediate economic crisis.

05.



Wesley House Pantry

The Wesley House has a student pantry that is available certain days throughout the week. Students can just walk in, or may contact Krysta Hughes at krysta@wesleysdsi.org for more information or click here.

06.



San Diego Food Bank

The Jacobs & Cushman San Diego Food Bank provides nutritious food to individuals and families in need throughout San Diego County through its two warehouse locations and partnerships with more than 450 nonprofit organizations. To find a food distribution site near you using SD Food Bank's GPS Food Locator Map, click here.

07.



Hillel SDSU

Hillel SDSU has free Starbucks pastries and sandwiches that are available for students Monday - Friday during the academic year. Click here for more info.

08.



Economic Crisis Response Team

ECRT Grocery Assistance

Economic Crisis Response Team (ECRT) supports students who are facing food insecurity and are otherwise unable to purchase food, they may be able to receive a one-time grocery card to a local store near them through ECRT. Students must submit a Request for Assistance form to meet with an ECRT staff member for an individualized assessment to see if they are eligible.

09.

ECRT Food Resource Guide

General food resources, food distribution sites in San Diego, Imperial Valley food resources, resources for children, seniors and for pets. Click <u>here</u> to access the guide.

City Heights-Specific

Abundant Grace Christian Center

Mondays: 9:00 AM - 10:00 AM
Wednesdays: 4:00 PM - 4:30 PM
Sundays: 11:30 AM - 12:30 PM
5858 El Cajon Blvd.
(619) 788-2027

OPEN FOR EVERYONE

Bridge of Hope

Fridays: 11:30 AM - 1:00 PM 3406 Fairmont Ave. (858) 380-7993 bridgeofhopesd.org OPEN FOR EVERYONE

Calvary Evangelical Lutheran Church

Mondays & Wednesdays: 11:00 AM - 2:00 PM 3060 54th St. (619) 582-5581

ELIGIBILITY REQUIRED

Church of the Nazarene

Tuesdays: 2:00 PM - 4:00 PM
Saturdays: 9:00 AM - 11:00 AM
4227 Fairmont Ave.
(619) 283-6242
midcitynazarene.org

OPEN FOR EVERYONE

City Heights Assembly of God

Hot Meals for Youth Under 18, Monday - Friday: 12:00 PM Food pantry, 2nd & 4th Wednesday of the Month: 12:30 PM 3737 Wightman St.

(619) 471-4809 cityheightsassembly.org CALL FIRST FOR ELIGIBILITY

City Heights Mobile Pantry

3rd Tuesday of the Month: 3:00 PM 4300 El Cajon Blvd. (619) 280-9633 ELIGIBILITY REQUIRED WHILE SUPPLIES LAST

Faith Tabernacle

Walk-Ups: 3:30 PM - 4:20 PM
Drive-Through: 4:30 PM - 6:00 PM
3666 Madison Ave.
(619) 282-3044

OPEN FOR EVERYONE

Hamilton Elementary

1st & 3rd Wednesday of the Month: 11:00 AM
2807 Fairmont Ave.
(619) 344-6800
hamilton.sandiegounified.org
OPEN FOR EVERYONE
WHILE SUPPLIES LAST

Hoover High School Market Distribution

1st & 3rd Tuesday of the Month: 2:15 PM - 3:15 PM
4391 Highland Ave.
(619) 344-4500
hoover.sandiegounified.org
OPEN FOR EVERYONE
WHILE SUPPLIES LAST



City Heights-Specific

Iglesia Casa de Alabanza Cajita de Bendición

1st & 3rd Tuesday of the Month: 11:30 AM- 12:30 PM
4250 El Cajon Blvd.
(619) 734-5886

OPEN FOR EVERYONE

La Maestra Healthy Choices Food Pantry

La Maestra Healthy Choices Food Pantry
Tuesday & Wednesdays: 9:00 AM - 2:00 PM
Fridays 10:00 AM - 3:00 PM
4060 Fairmont Ave.
(619) 280-4213
lamaestrafoundation.org/food-pantry
OPEN FOR EVERYONE

Mid-City Church of the Nazarene

1st Saturday of the Month from 9:00 AM - 11:00 AM
4101 University Ave.
(619) 280-9633
midcitynazarene.org
ELIGIBILITY REQUIRED

Mid-City Church of the Nazarene

3rd Wednesday of Every Month 1:30 PM - 3:00 PM
4101 University Ave.
(619) 280-9633
midcitynazarene.org
SENIORS ONLY

New Hope Seventh Day Adventist Church

2nd Thursday of the Month: 9:00 AM - 11:00 AM
Fridays 10:00 AM - 3:00 PM
2420 52nd St.
(619) 263-5660
ELIGIBILITY REQUIRED

Rock Church City Heights

3rd Thursday of the Month 10:00 AM
(April & June: 2nd Thursday of the Month)
4001 El Cajon Blvd.
(619) 869 2156
sdrock.com

OPEN FOR EVERYONE
WHILE SUPPLIES LAST

Somali Bantu Association of America

2nd Wednesday of the Month: 12:00 PM - 5:00 PM 4979 University Ave. (619) 946-5599 sbaoa.org *ELIGIBILITY REQUIRED*

St. Marks Episcopal Church

Wednesdays: 11:00 AM - 1:00 PM
4227 Fairmont Ave.
(619) 283-6242
stmarks-cityheights.org/servefood-pantry
OPEN FOR EVERYONE

STAR/PAL Colina del Sol Park

2nd Tuesday of the Month: 9:00 AM - 11:00 AM 4110 54th St. (619) 484-7557 hoover.sandiegounified.org OPEN FOR EVERYONE WHILE SUPPLIES LAST







JOIN US FOR A THANKSGIVING MEAL



Wednesday, November 26

Thursday, November 27

The Salvation Army Escondido Corps

11:00AM - 2:00PM

1301 Las Villas Way, Escondido, CA 92026

Grab & Go Style

The Salvation Army Chula Vista Corps

10:00AM - 12:00PM

648 Third Ave, Chula Vista, CA 91910

Sit-Down Style



The Salvation Army Centre City Corps

11:00AM - 1:00PM

825 Seventh Ave, San Diego, CA 92101

Grab & Go/Sit-Down Style

The Salvation Army
East County Red Shield
Community Center

11:00AM - 12:00PM

1025 E Main St, El Cajon, CA 92021

Drive-Through Style

The Salvation Army Oceanside Corps

11:00AM - 1:00PM

3935 Lake Blvd. Oceanside, CA 9205

Grab & Go/Sit-Down Style

First come, first served - While supplies last



Join us for a free



Thanksgiving Dinner

Roast Turkey & Stuffing • Mashed Potatoes w/Giblet Gravy
Steamed Vegetables • Cranberry Sauce
Tossed Green Salad • Roll w/Butter • Holiday Pies

Saturday, November 15, 2025 1:00PM - 3:00PM

120 Elm St. San Diego CA 92101 Enter Dining Room from 2nd Ave



Hope Van Shuttle Service 10:30AM - 3:30PM

- Safe Sleeping O & B Lots
- The Neil Good Day Center (299 17th St.)



Hot Showers 11:00AM - 2:00PM

Free haircuts with shower use!

FREE AND OPEN TO THE PUBLIC



THANKSGIVING

Grocery Giveaway & Resource Fair

Free grocery gift cards and produce for those who might need some extra help this holiday season.

NOVEMBER



WEDNESDAY

19





Washington Elementary School

1789 State St. San Diego, CA

FIRST-COME, FIRST-SERVED BASIS



Come Explore Resources such as:

- Application assistance for Medi-Cal, CalFresh, and CalWORKs
- CA ID vouchers
- · Affordable energy assistance
- Food assistance programs
- Dental and medical appointment assistance
- And many more!

Come meet your state representative, get legislative updates important to the community, and learn about useful local resources.



For more information visit a77.asmdc.org/events or call the district office at (858) 481-7704.