



somalifamilyservice.org

SOMALI FAMILY SERVICE GUIDE TO SAN DIEGO FOOD RESOURCES

FOR SENIORS



Meals on Wheels San Diego County

meals-on-wheels.org

FOR PEOPLE WITH DISABILITIES & CHRONIC CONDITIONS



Mamas Kitchen Medically Tailored Meals

mamaskitchen.org/gethelp/meals

FOR CHILDREN & CAREGIVERS



California WIC

myfamily.wic.ca.gov

SOMALI FAMILY SERVICE RESOURCES

Somali Family Service hosts **food distribution events every month**. To learn about upcoming distributions, sign up for our texting list by texting "**Subscribe**" to **(833) 798-0106**. You can also email us for help at CHW@sfssd.org.

If you or someone you know needs food, use these resources to find help.

FOR EVERYONE



2-1-1 San Diego
211sandiego.org/food-assistance-resources

Catholic Charities Food Resources
ccdsd.org/food-resource-centers

Feeding San Diego
feedingsandiego.org/find-food/

Jacobs & Cushman San Diego Food Bank
sandiegofoodbank.org/get-food/

Jewish Family Service Food Pantry
jfssd.org/our-services/food-meals

Salvation Army Food Pantries
sandiego.salvationarmy.org/san_diego2/food-pantries

South Bay Community Services
sbcssandiego.org/portfolio/food-distribution