



HAGAHA SOMALI FAMILY SERVICE EE

KHAYRAADKA CUNNADA EE SAN DIEGO

somalifamilyservice.org

WAAYEELKA



Meals on Wheels San
Diego County

meals-on-wheels.org

LOOGU TALO GALAY DADKA NAAFADA AH & XAALADO JOOGTO LEH



Mamas Kitchen Medically
Tailored Meals

mamaskitchen.org/gethelp/meals

CARRUURTA & DARYEEL BIXIYAASHA



California WIC

myfamily.wic.ca.gov

KHAYRAADKA SOMALI FAMILY SERVICE

Adeegga qoyska Soomaaliyeed wuxuu qabtaa munaasabado cunto qaybin ah bil daaf. Si aad u ogaato wax ku saabsan qaybinta soo socota, isu diwaangeli liiska qoraalladayada adiga oo qoraal u soo diraya **"Subscribe" (833) 798-0106**. Waxa kale oo aad iimayl noogu soo diri kartaa caawimada CHW@sfssd.org.

Haddii adiga ama qof aad taqaan uu u baahan yahay cunto, isticmaal agabkan si aad gargaar u hesho.

QOF WALBA



2-1-1 San Diego
[211sandiego.org/
food-assistance-
resources](http://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](http://sandiego.salvationarmy.org/san_diego2/food-pantries)

South Bay Community Services
[sbcssandiego.org/portfolio/food-
distribution](http://sbcssandiego.org/portfolio/food-distribution)