Nutrition Program Returns to In Person Dining June 15

Nutrition Program

The Escondido Senior Nutrition Program will **be returning to in person congregate meals on Tuesday, June 15.** Congregate meals are nutritionally balanced meals served indoors at the Park Avenue Café and are designed to sustain and improve participant's health and reduce isolation by promoting socialization. **Seating will be limited due to construction and reservations will be required**. Masks, physical distancing, and all mandatory safety rules will be strictly enforced.

To follow compliance**, Monday, June 14, will be the last day of meal delivery**. Please make arrangements for other food sources. Below are some food resources.

Lunch Transportation

Lunch transportation services will also resume on June 15 and riders must live within the city limits. **Lunch transportation is offered for nutrition participants only.**

Reservations for Meals & Transportation

Older adults ages 60 and over can sign up for these programs. If you would like to be added to the interest list for congregate meals or lunch transportation, call 760-839-4803 and leave your name, age, and phone number.

The Escondido Senior Nutrition Program is supported by the City of Escondido and the County of San Diego Aging and Independences Service. Masks, physical distancing and all mandatory safety rules will be strictly enforced.

San Diego Food Bank

The San Diego Food Bank Senior Food Program distributes boxes of food once per month to eligible low-income seniors 60 years or older at the Park Avenue Community Center on the 4th Monday of each month from 8:30 a.m. - 11:30 a.m. (except holidays). Applicants can enroll in the program in person on distribution day or by calling 866-350-3663. For more information visit: www.sandiegofoodbank.org

Meals on Wheels

Meals on Wheels focuses on caring for senior 60 and over whose diminished mobility makes it hard to shop for food, prepare meals, or socialize with others.

For more information, call the North County office at 760-736-9900
or visit: www.meals-on-wheels.org

Feeding San Diego

The Feeding Seniors Initiative aims to improve senior food security, reduce the risk of chronic illnesses such as type-2 diabetes and hypertension, and increase self-sufficiency by providing nutritious, healthy food to low-income seniors.

Food Distribution Site:

Ruth Anointed World Ministries
Every Friday 12 - 1 pm
777 Felicita Way
Escondido, CA 92025

Call 760-580-0835 for more information.

CalFresh

CalFresh is also known as the federal Supplemental Nutrition Assistance Program (SNAP). CalFresh is a program for low-income families and individuals that meet certain income guidelines. CalFresh benefits help supplement your food budget and allow families and individuals to buy nutritious food.

Find out if you're eligible by applying:
Online; GetCalFresh.org or mybenefitscalwin.org
By Phone; 2-1-1