

El Cajon Food Resources

This list is organized by type of resource (Food Pantry, Sack Lunches, and/or Meals). It does not include resources exclusively for specific populations such as veterans, seniors, or school communities. This list originally compiled is updated monthly and is subject to change. If you have information regarding new sites, or if you are affiliated with any of these organizations and have updated information, please contact us at ecassistwebsite@gmail.com.

Pantries/ Distribution Sites

Site Name	Contact Information	Service Hours
Bethlehem Food Pantry <i>Feeding San Diego</i>	772 S Johnson Avenue El Cajon, CA 92020	Saturdays 8:00 am - 10:00 am Drive ups preferred but not required. No restrictions.
Chase Elementary School <i>Feeding San Diego</i>	E Chase Ave. El Cajon, CA 9202	2nd & 4th Mondays 11:00 am-1:00 pm
Good Shepherd	(619) 442-9491 772 S. Johnson Ave. El Cajon, CA 92020	Saturday 9:00 am-12:00 pm Come early. No proof of address or income needed.
East County Transitional Living Center	(619) 442-0457 1527 E Main St. El Cajon, CA 92021	Call ahead for an appointment
Crossline Church	(619) 440-1136 1280 N Johnson Ave #102 El Cajon, CA 92020	Monday, Wednesday 1:00 pm-3:00 pm Tuesday, Thursday 12:00 pm-2:00 pm Closed Friday
Holy Trinity	(619) 444-9425 405 Ballard St. El Cajon, CA 92019	Monday-Friday 10:00 am-11:00 am Proof of EC address required.
Johnson Elementary School <i>Feeding San Diego</i>	500 W Madison Ave. El Cajon, CA 92020	2nd & 4th Mondays 11:00 am-1:00 pm
Lexington Elementary School <i>Feeding San Diego</i>	1145 Redwood Ave. El Cajon, CA 92019	2nd & 4th Mondays 11:00 am-1:00 pm

Meridian Baptist Church	(619) 444-3171 660 3rd St. El Cajon, CA 92019	Second and fourth Thursday 3:00 pm; Tuesdays 2:00 pm (for families with children under 12 years old only) Need ID.
Life Church Feeding the Flock Ministry	(619) 442-1789	Call to reserve party items.
New Season's Church	990 Naranca Ave. El Cajon, CA 92021	Seniors (Age 60+) only—2 nd Thursday 9:00 am to 12:00 pm
Our Lady of Grace	(619) 469-0061 2766 Navajo Rd. El Cajon, CA 92020	Monday-Friday 9:00 am-11:00 am
Salvation Army- El Cajon <i>SD Food Bank Programs Diapers Available and Feeding San Diego</i>	(619) 440-4683 1011 E Main St. El Cajon, CA 92021	Mondays 1:00 pm-4:00 pm Wednesdays 1:00 pm- 4:00 pm Fridays 1:00 pm-6:00 pm Homeless Services- Tuesdays & Fridays 9:00 am-12:00 pm
Seventh Day Adventist Church of El Cajon	(619) 444-0763 1630 E Madison Ave. El Cajon, CA 92019	Tuesday 4:00 pm-6:30 pm
St. Kieran's Church	(619)588-6881 1510 Greenfield Dr. El Cajon, CA 92021	Saturdays 10:00 am-11:30 am
Sustaining Grace Outreach Center, Inc. <i>Feeding San Diego</i>	(619) 401-4006 270 E. Douglas Ste. 102A El Cajon, CA 92020	Call ahead to pick up food currently.

Sack Lunch

Site Name	Contact Information	Service Hours
Salvation Army	(619) 440-4683 1011 E Main St. El Cajon, CA 92021	Mondays 1:00 pm-4:00 pm Wednesdays 1:00 pm- 4:00 pm Fridays 1:00 pm-6:00 pm Homeless Services- Tuesdays & Fridays 9:00 am-12:00 pm

Meal

Site Name	Contact Information	Service Hours
Meridian Baptist Church	(619) 444-3171 660 3rd St. El Cajon, CA 92019	Wednesdays 5:30-6:30 pm 4 th Wednesday- Mobile Showers Click here or call for <i>SD Food Bank Senior Food Distribution Days and Times</i>
New Seasons Church	(619) 440-7597 990 Naranca Ave. El Cajon, CA 92021	Tuesday 5:45 pm-6:30 pm