



FREE FOOD FOR FAMILIES

South Bay Monthly Distributions | Walk-Up Only

For the safety of our community and staff, attendees must wear a face mask or covering. We recommend bringing a bag or box to take home items.

Every Third Wednesday

Montgomery Middle School: 1 - 3 p.m.

1051 Picador Blvd, San Diego, CA 92154

Castle Park Middle School: 3:30 - 5:30 p.m.

160 Quintard Street, Chula Vista, CA 91911

Chula Vista Middle School: 4 - 6 p.m.

415 5th Ave, Chula Vista, CA 91910

Every Third Thursday

National City Middle School: 11 a.m. - 1 p.m.

1701 D Ave, National City, CA 91950

Must be at least 16 years old, in need of food (no proof required) and present during distribution. Food items available until supplies last.

For more food distributions,
scan QR code with camera or visit
<https://sandiegofoodbank.org/gethelp/>

