



Period Supplies Program – Distribution Sites

The San Diego Food Bank and our North County Food Bank chapter partners with nonprofit organizations to distribute period supplies to people in need throughout San Diego County. Each location has different operating hours, and may have different eligibility criteria to receive period supplies.



REGION	PERIOD SUPPLY DISTRIBUTION SITE	PROCESS AND QUALIFICATIONS	PHONE NUMBER
Central	St. Paul United Methodist Church 3094 L Street San Diego, CA 92102	Every Thursday from 12:00 pm – 1:30 pm **MASKS/FACIAL COVERING REQUIRED**	619-232-5683
Central	ICNA Relief San Diego 7313 Carroll Road, Suite D San Diego, CA 92121	Monday - Thursday from 10:00 am - 2:00 pm, call 760-889-2014 for availability.	760-889-2014
Central	Think Dignity Distribution site changes monthly San Diego, CA	Please call Dalia Hernandez 619-630-7794 for information about our Street Boutique locations and/or receiving period supplies.	619-630-7794
Central	Somali Family Service of San Diego 5348 University Avenue, Ste. 203 San Diego, CA 92105	Period supplies by appointment only. Please call 619-265-5821 ext. 215 or 209 to schedule an appointment.	619-265-5821
Central	Miracle Babies 8745 Aero Drive, Ste. 308 San Diego, CA 92123	Monday – Friday from 10:00 am – 2:00 pm, please call ahead to schedule a pick up.	858-633-8540
Central	Food Pantry at Chollas View Church 904 47th Street San Diego, CA 92102	1 st Saturday of the month from 10:00 am – 12:00 pm and 3 rd Friday of the month from 11:00 am – 2:00 pm.	858-663-0471
East County	Good Shepherd Ministry Center at Bethlehem Food Pantry 772 S. Johnson Avenue El Cajon, CA 92020	Every Saturday from 8:00 am – 10:00 am. No appointment required, quantities are limited to availability.	619-442-9491
East County	It's All About the Kids Foundation 815 Raleigh Avenue, Suite B El Cajon, CA 92020	Email events@itsallaboutthekids.org to register. Quantities are limited to availability.	619-602-3073
East County	Paving Great Futures 404 Euclid Avenue, Suite 119 San Diego, CA 92119	Monday - Friday from 9:00 am - 4:00 pm.	619-308-6595
East County	Rock Church East County 808 Jackman Street El Cajon, CA 92020	Period supplies are available during the monthly food distribution, 3 rd Tuesday of every month, 12:00 pm - 2:00 pm. Quantity limited to availability.	619-226-7625
East County	Baby Ruth's Safe Haven 123 Worthington Street, Ste. 203-204 Spring Valley, CA 91977	Call 619-472-3900 to begin the intake process by phone. Sizes and quantities are limited to availability. By appointment only. MASKS REQUIRED	619-472-3900

REGION	PERIOD SUPPLY DISTRIBUTION SITE	PROCESS AND QUALIFICATIONS	PHONE NUMBER
South Bay	Operation Promise 3441 Main Street Chula Vista, CA 91911	Distribution Monday - Friday, 2:00 pm - 4:00 pm. By appointment only Monday - Friday, 10:30 am - 1:00 pm.	619-902-1206
South Bay	Project 1:1 560 Palomar Street Chula Vista, CA 91911	3rd Thursday of the month, call for more information	619-777-6723
South Bay	South Bay Food Pantry at First Unitarian Universalist Church 970 Broadway Street Chula Vista, CA 91911	Every Sunday 8:15 am – 9:15 am. Call (619) 271-5017 for diaper size availability. No appointment, identification, or proof of income are required.	619-271-5017
South Bay	Hearts and Hands Working Together 2020 Alaquinas Drive San Ysidro, CA 92173	2nd Tuesday of the month from 8:00 am – 12:00 pm. In the Our Lady of Mount Carmel parking lot. Sizes and quantities are limited to availability.	619-662-7592
South Bay	Community Through Hope 465 C Street Chula Vista, CA 91910	Monday - Thursday, 9:00 am - 2:00 pm, no appointment required.	619-947-6002
North County	Fallbrook Spanish 7th Day Adventist 439 Iowa Street Fallbrook, CA 92028	1 st Wednesday of every month from 6:00 pm – 7:00 pm.	760-468-4783
North County	Mission San Luis Rey Parish, Loretto House Food Pantry 4070 Mission Avenue Oceanside, CA 92057	Tuesdays – Saturdays from 8:00 am – 4:00 pm. Call 760-547-0708 for availability.	760-547-0708
North County	Ramona Food & Clothes Closet 773 Main Street Ramona, CA 92065	Monday – Friday 9:30 am – 12:30 pm & 2:30 pm – 4:00 pm. No appointment required.	760-789-4458
North County	Rock Church San Marcos 1370 W. San Marcos Boulevard San Marcos, CA 92078	1 st Thursday of every month from 12:00 pm – 2:00 pm. No appointment required	619-226-7625
North County	North County Food Bank 3030 Enterprise Court Vista, CA 92081	Monday – Friday from 11:00 am – 2:00 pm, drive-thru distribution until further notice, must request period supplies, must provide proof of multiple addresses if carpooling, otherwise, one household per car.	858-863-5177
North County	St. Andrew's Episcopal Church 890 Balour Drive Encinitas, CA 92024	Thursday from 2:00 pm – 4:00 pm, drive-thru distribution, one household per car, diapers upon request.	760-214-7550
North County	The Center (San Diego Christian Center) 1305 Deodar Road Escondido, CA 92026	Drive-thru distribution (diapers and food) on Sundays from 11:30 am – 12:30 pm.	760-707-6681
North County	CSUSM ASI Cougar Pantry 333 South Twin Oaks Valley Road, Commons 104 San Marcos, CA 92096	Monday - Thursday, 9:00 am - 6:00 pm. Open to currently enrolled CSUSM students only.	760-750-6019
North County	Palomar College, Anita & Stan Maag Food & Nutrition Center 1140 West Mission Road San Marcos, CA 92069	CURRENTLY: Monday - Thursday, 8:00 am - 4:00 pm. Must call for appointment. All visitors to campus must complete COVID-19 Pre-Screening Form. Quantities are limited to availability.	760-744-1150 ext. 2529

This list was last updated on February 16, 2022.