

NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
COMMUNITY FOOD BANK 2605 Highland Avenue National City, CA 91950 (619) 787-2035	Fri: 10am to Noon	Emergency food bags, canned and dry food.	Low-income, once a month.	
METROPOLITAN AREA ADVISORY COMMITTEE SERVICE CENTERS (MAAC) 2345 "E" Street, Suite 105 National City, CA 91950 (619) 472-2900 Fax: (619) 472-2028	Mon – Fri: 8am to 5pm	Network of social services. Emergency food only when available. Multi-social services.	No age limit. Must be low-income according to federal poverty guidelines. Verification of income and address. Residents of 91950 zip code only.	Phone or walk-in.
NATIONAL CITY NUTRITION PROJECT 1415 "D" Avenue National City, CA 91950 (619) 336-6752 Fax: (619) 477-0120	Doors open at 11am Meals served: Mon – Fri: 11am to 12:30pm	Congregate meals.	Seniors over 60.	Suggested donation \$3.00. Home delivered lunch: National City \$3.50.
SEVENTH DAY ADVENTIST Paradise Valley Church Community Service 2737 East 7th Street National City, CA 91950 (619) 267-8012 Fax: No #	Tue only: 9am to 1pm	Only Bread/Desserts. As available. Clothing once a month.	Anyone in need in National City. They have to have an address and ID.	Clothing free to anyone (two items per person).