

NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
<p>El Cajon Family Services Center 1011 E. Main Street El Cajon, CA 92021 (619) 440-3579 X404 Fax: (619) 440-3994</p>	<p>Mon, Tue: 10am to 12pm 1:30pm to 4pm Wed, Fri: 8:30am to noon 1:30pm to 4pm Thur: 10am to noon</p>	<p>3-day supply of emergency food: canned and dried foods, bread. Clothing vouchers.</p>	<p>Anyone in need. Photo ID. Proof of income. Rent receipt. Must verify emergency. Serving El Cajon, Lakeside, Santee, Spring Valley, Alpine, Jamul and La Mesa 91941 east of 125.</p>	<p>Assistance at least 60 days. No more than 3 times a year, for different emergencies. 60+ years 11:15am – 12:30pm. \$3.00 and Home Delivery.</p>