

NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
<p>Meals on Wheels, Greater San Diego, Inc. North County 930 Boardwalk, Suite C San Marcos, CA 92069 (760) 736-9900 Fax: (760) 736-9922</p>	<p>Mon – Fri: 8am to 4pm Sat: 9am to 1pm</p>	<p>Meals to homebound; 2 meals/day; 7 days/week; Special diets; Sliding scale, maximum fee is \$6.25/day for seniors. \$8/day for non-senior, disabled.</p>	<p>Both North Inland and North Coastal areas served; including: Carmel Valley, Poway, Penasquitos, Rancho Bernardo, Escondido, San Marcos, Oceanside, Carlsbad, Encinitas, Solana Beach, Del Mar and Vista.</p>	<p>Volunteers deliver meals. Next day delivery usually available. Home visits to assess needs. Information, referrals, and problem solving available. Free meals for pets.</p>
<p>WIC, San Diego State University Foundation North County Health Services 150 Valpreda Road, #102 San Marcos, CA 92069 (760) 471-2743 Fax: (760) 752-4322</p>	<p>Clinic hours vary. Mon – Fri: 8am to 4pm only. Phone hours: 7:30am – 11:45am 12:45pm – 4:25pm</p>	<p>Same as above.</p>	<p>Same as above.</p>	<p>Same as above.</p>