

NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
<p>ALPHA OF SAN DIEGO Uptown Alpha Project 4101 30thStreet, Suite B San Diego, CA 92104 (619) 281-8411 Fax: (619) 281-8466</p>	<p>Mon – Fri: 9am to 1pm</p>	<p>Canned and dry goods. Frozen food when available.</p>	<p>Anyone in need.</p>	<p>Once a month. Need ID to signup for membership.</p>
<p>CHICANO FEDERATION OF SAN DIEGO COUNTY 3180 University Avenue, #317 San Diego, CA 92104 (619) 285-5600 Fax: (619) 285-5616</p>	<p>Mon – Fri: 8am to 5pm</p>	<p>Food Bank referrals. Shelter referrals.</p>	<p>Anyone in need. Given according to pay stub (which indicates low income status).</p>	<p>Bilingual staff available.</p>
<p>INDIAN HUMAN RESOURCE CENTER 4040 30THStreet, Suite A San Diego, CA 92104 (619) 281-5964 Fax: (619) 281-1466 Contact: Juan Castiano</p>	<p>Mon – Fri: 8am to 4:30pm</p>	<p>Emergency food and a variety of social services dependent on client need. Employment & training services.</p>	<p>American Indian with tribal verification.</p>	<p>By appointment only. Call first. Subject to availability.</p>