

NAME	HOURS	WHAT'S AVAILABLE	ELIGIBILITY	COMMENTS
<p>AGING &amp; INDEPENDENCE SERVICES/ HOME DELIVERED MEALS 9335 Hazard Way, Suite 100 San Diego, CA 92123 1-800-510-2020 Fax: (858) 495-5247</p>	<p>Mon - Fri: 8am to 5pm</p>	<p>Referral source for home delivered meals including Mothers' Day.</p>	<p>60 years and older and/or handicapped people. Donation. Home bound: One meal a day.</p>	<p>Call for program in your area. Referrals according to zip code. See website for additional resources: networkofcare.org</p>
<p>COMMUNITY GARDENS University of California Cooperative Extension 5555 Overland Avenue, Bldg. 4, Suite 4101 San Diego, CA 92123 (858) 694-2859 Fax: (858) 694-2849 Contact: Vince</p>	<p>Mon – Fri: 8am to 5pm</p>	<p>Free list of existing community gardens in San Diego County. Information on starting new gardens.</p>	<p>Anyone.</p>	<p>Can give information on locations as well as how to start a garden in your area: Home Gardening Hotline (858) 694-2860 Mon – Fri: 9am to 3pm</p>
<p>HEALTH &amp; HUMAN SERVICES AGENCY (San Diego County) 4990 Viewridge Avenue San Diego, CA 92123 Attn: Barbara Silvia (858) 514-6899 Fax: (858) 514-6760</p>	<p>Mon – Fri: 8am to 5pm Tue: 9am to 5pm</p>	<p>Cash assistance. Will depend on what the client needs, as ascertained during screening.</p>	<p>For everyone.</p>	<p>Referrals for: Food Stamps Cal Works Medi- Cal General Relief</p>