

### La Mesa Food Resources

This list is organized by type of resource (Food Pantry, Sack Lunches, and/or Meals). This list is updated monthly and is subject to change. If you have information regarding new sites, or if you are affiliated with any of these organizations and have updated information, please contact us at [info@ecassist.org](mailto:info@ecassist.org).

#### Pantries/ Distribution Sites

Site Name	Contact Information	Service Hours
Crosspointe Life Church	(619) 464-3077 8809 La Mesa Blvd. La Mesa, CA 91942	Tuesdays and Thursdays 10:15am-11:00am; 4th Saturday 9:00am
Journey Community Church	(619) 464-4544 8363 Center Dr. Suite 6C La Mesa, CA 91942	1st Thursday 6:00pm; 2nd Friday 9:00am; 3rd Saturday 8:30am; 4th Thursday 6:00pm
La Mesa Dale Elementary	(619) 229-3660 4370 Parks Ave. La Mesa, CA 91941	3rd Tuesday 9:00am-11:00am
La Mesa Seventh Day Adventist Community Church	(619) 461-5703 4207 Spring Gardens Dr. La Mesa, CA 91941	Monday, Tuesday, and Thursday, 9:00am-12:00pm
Word of Life Worship Center	(619) 271-8800 8691 Echo Dr. La Mesa, CA 91941	Wednesdays after 7pm service; 1st and 3rd Sunday after 10am service

#### Sack Lunch

Site Name	Contact Information	Service Hours
La Mesa First Methodist Church *Snack, not full meal	(619) 466-4163 4690 Palm Ave. La Mesa, CA 91941	Monday-Thursday 9:30am-11:30am; 4th Saturday 9:00 am-12:00 pm

**Meal**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
La Mesa First Methodist Church (Showers, Sack lunch)	(619) 466-4163 4690 Palm Ave. La Mesa, CA 91941	4th Saturday 9:00 am-12:00 pm
Vista La Mesa Christian (Showers, Sack Lunch, hot breakfast, clothing and resources)	(619)463-9909 4210 Massachusetts Ave. La Mesa, CA 91941	2nd Saturday 9:00 am-12:00 pm

**Spring Valley Food Resources****Pantries/ Distribution Sites**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
Heaven's Windows	(619) 825-8489 Goodland Acres County Park 8848 Troy St. Spring Valley, CA 91977	Tuesday-Friday 9:00am-12:00pm
New Seasons Church	(619) 825-8489 2300 Bancroft Dr. Spring Valley, CA 91977	4th Tuesday 9:00am
Santa Sophia Catholic Church	(619)463-6629 x225 9800 San Juan St. Spring Valley, CA 91977	Tuesday & Thursdays 9:30am-11:00am; Saturday 9:00am-11:00am
Spring Valley Community Church	(619)342-1414 3310 Bancroft Dr. Spring Valley, CA 91977	Thursday and Friday 9:00 am-12:00 pm; Before or after services Wednesday 6:00 pm-8:00 pm and Sunday 10:00 am-12:00 pm
Stepping Higher Inc	(619)825-3930 2778 Sweetwater Springs Blvd. #J Spring Valley, CA 91977	Thursday 5:30pm-7:00pm

**Meal**

<b>Site Name</b>	<b>Contact Information</b>	<b>Service Hours</b>
Faith Chapel	(619)461-7451 9400 Campo Rd. Spring Valley, CA 91977	1st Sunday 1:00 pm-3:00 pm
New Seasons Church	(619) 825-8489 2300 Bancroft Dr. Spring Valley, CA 91977	Wednesday 6:00 pm