

Female Resources - Feminine Hygiene Products by Apryl Cutler, PMHNP Student



We are a non-profit organization striving to support and empower homeless women through the distribution of free feminine products every month, with the hope to decrease their monthly worries on these important needed products that they cannot afford to buy. More importantly, we hope to empower and help increase homeless women's self-esteem one woman at the time.

Contact

(619) 880-0501

info@fulfillingdestiny.org

website: <https://www.fulfillingdestiny.org>

Events and product drives: <https://www.fulfillingdestiny.org/calendar/>

*Free product "dignity bags" can be delivered to locations



#HappyPeriodSanDiego— A group dedicated to helping homeless menstruates obtain supplies so that the choice is no longer "food or menstrual products"-because dignity matters!

CONTACT INFO

Website: <http://hashtaghappyperiod.org>

Email: happyperiodsandiego@gmail.com

Facebook: San Diego [@HashtagHappyPeriodSanDiego](https://www.facebook.com/HashtagHappyPeriodSanDiego)

Event Page on Facebook:

https://m.facebook.com/pg/HashtagHappyPeriodSanDiego/events/?ref=page_internal&msite_tab_async=1



Items Provided: Food, pet food, baby diapers and hygiene products

San Diego Food Bank
9850 Distribution Avenue
San Diego, CA 92121-2320
1-858-527-1419 Local
1-866-350-FOOD (3663) Toll Free

North County Food Bank
680 Rancheros Drive Suite 100
San Marcos, CA 92069
1-858-527-1419 Local
1-866-350-FOOD (3663) Toll Free

Catholic Charities

Rachel's Women's Center

759 8th Ave, San Diego, ca 92101 **Phone:** (619) 696-0873

website: <https://www.ccdsd.org/programs/homeless-womens-services/>

Intake Hours of Operation

7:00 am-3:00 pm, Daily

Specific Hours

Lunch is Served: 11:30 am, Daily

Intake Procedure - Walk-in for services

Documents Required - Intake/Application Form

Intake Notes - An intake is required to receive any services at the drop-in center

Description

Provides a safe and sober drop-in day center for homeless and very-low income women. Offers bathroom, laundry, shower, lunch service, mailing address, replacement clothing, hygiene products, alcohol/drug recovery services, mental health consultations, socialization activities, education and referrals to other community resources.

Eligibility

Restricted to single females ages 18 years and older only. Accepts single females, females with a physical disability who can care for themselves, females with alcohol or drug use problems as long as they are sober, and females who are mentally or emotionally disturbed. Does not accept males, couples, or children.

Area Served - San Diego County

Gleaning Field Foundation

Food Pantry

2222 Watson Way, Vista, CA 92083 Phone: (760) 945-1003

Description

Supplies emergency food boxes to low income individuals as well as holiday food boxes, and clothing (limited supply for anyone in need). Distributions for the Homeless only include: hygiene products, new under wear, socks, food pack, limited sleeping bags, blankets, and back packs. Full monthly outreach is done with a church service and a meal on the 2nd Saturday of each month. Everyone is welcome to have a Meal. School supplies are distributed during outreach on the 3rd weekend in August (August 20), by registration ONLY. Clients can register during the first three weeks in August and must call office to register at (760) 945-1003.

Eligibility

No walk-ins, must be pre-registered to pick up food box. Clients may receive Food Boxes 4 times yearly and must be low income and/or homeless.

Alabaster Jar Project

Drop-In Resource Center and Shelter

(858) 598-3238

<http://www.alabasterjarproject.org/>
info@alabasterjarproject.org

Intake Hours of Operation

9:00 am-5:00 pm, Monday-Friday

Intake Procedure

Call for more information, Referral, Walk-in for services

Documents Required - Call for details/more information

Intake Notes

Referrals by a victim service provider, social worker, or law enforcement agency.

Description

Operates a drop-in resource center in North County that provides clothing, toiletries, nonperishable food items, diapers, case management, support groups, and therapy, to victims of human trafficking. Also provides housing for up to six women ages 18 and older, without children. Clients must call for details as availability is limited.

Eligibility

Must have been a victim of human trafficking. Transitional housing for adults ages 18 years and older.

Area Served - San Diego County

First Presbyterian Church of San Diego

Ladle Fellowship

320 Date ST, San Diego, CA 92101 Phone: (619) 232-7513

www.ladlefellowship.org

Intake Hours of Operation - 2:00 pm, Sunday

Intake Procedure - Walk-in for more information

Documents Required - No Documents Required

Intake Notes - Meal and clothing tickets are handed out between 1:00 and 1:30 pm on Elm Street between 3rd and 4th Ave. There is a request table for clothing and toiletries on most Sundays. There is a case worker from Presbyterian Urban Ministries on the last Sunday of each month.

Description - Provides a free community meal in the downtown San Diego to anyone in need. During the meal, clothing and toiletries are available to low-income and homeless.

Eligibility 1. Community meal is open to anyone in need of a meal. 2. Clothing and toiletries are available to homeless and low-income individuals in downtown San Diego. Individuals or families whose annual income is below 200% of poverty level for their family size.

Area Served - San Diego County

Feeding the Flock New Break Church

470 N Mollison Ave., El Cajon, CA 92021 Phone: (619) 631-8704

<https://www.facebook.com/feedingtheflocksandiego@gmail.com>

Intake Hours of Operation

Lunch: 11:30 am-12:00 pm, Monday-Friday; Dinner: 6:00 pm-7:00 pm, Tuesday and Thursday; Breakfast: 10:00 am-11:00 am, Saturday; Showers: 11:00 am-1:00 pm, 3rd Saturday of the Month

Specific Hours

Mass Food Distribution: 2:00 pm-3:00 pm, Friday

Intake Procedure - Call for more information, Walk-in for services

Documents Required - No Documents Required

Intake Notes - Shower sign up: 10:55 am

Description

Provides social services, home rehabilitation loans, showers, food distribution, and personal hygiene item distribution for homeless and low income individuals and families and people in need.

Eligibility

Anyone in need but targeted towards individuals experiencing homelessness.

Area Served - San Diego County

Uptown Community Service Center

3725 30TH St, San Diego, CA 92104 (619) 693-5511

www.uptowncsc.org

uptownstaff@yahoo.com

Intake Hours of Operation

9:00 am-3:00 pm, Monday-Friday

Specific Hours

Food Bags: 9:00 am Tuesdays and Fridays, first come first serve

Intake Procedure - Walk-in for more information

Intake Notes - Regarding Food Bags: 9 am Tuesdays & Fridays, 1st come 1st serve.

Description

Provides services to homeless, those at risk for homelessness, and low-income individuals and families. Services include: emergency food, hygiene supplies, clothing, mail, message, and offers a small computer room where clients can access the internet.

Eligibility - Must be homeless or at risk for homelessness

Area Served - San Diego County

Mobile Food Pantry, So Others May Eat Inc.

Phone: (858) 900-1275

www.soothersmayeatinc.org

soothersmayeatinc@san.rr.com

Intake Hours of Operation

8:00 am-5:00 pm Monday-Friday (Office Hours)

Specific Hours

12:00 pm-3:00 pm 3rd Monday of every month

Intake Procedure - Walk-in for more information

Intake Notes - Signature, address and phone number required.

Description - Offers perishable and non perishable food items and **personal hygiene items**. Will also provide a hot lunch to go.

Eligibility - Anyone in need of food

Area Served - 91903, 92101, 92117, 92037, 92107, 91906, 92104

Basic Needs Walk-in Services, Escondido

550 W Washington Ave. Suite B Escondido, Ca 92025 (760) 489-6380

www.interfaithservices.org

Intake Hours of Operation

8:00 am-11:00 am, Monday-Friday; Closed: 1st Friday of the Month

Specific Hours

Breakfast: 6:30 am-7:30 am, Monday-Sunday; Showers and Laundry: 6:15 am, Monday-Friday

Intake Procedure - Walk-in for services

Documents Required - Call for details/more information, Photo ID

Intake Notes - Arrive early to avoid wait times. Certain services do require specific documents, please call in advance for specific details.

Description

Provides breakfast and sack lunches, shower facilities, laundry facilities, mailing address/PO Box services, phone use, emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, partial financial assistance for applicable prescriptions, assistance to pay for drivers license, ID and birth certificates (some limits and criteria do apply, provided based on availability), clothing voucher to thrift store, and social service crisis intervention. Staff and volunteers also provide community referrals. Diapers and formula are provided when available.

Eligibility - No age limitations, however, minors must be accompanied by adult relative or counselor

Area Served - North Inland San Diego County

Interfaith Community Services

Basic Needs Walk-in Services, Oceanside

4700 N River Rd Oceanside, Ca 92057 Phone: (760) 721-2117

www.interfaithservices.org

vblea@interfaithservices.org

Intake Hours of Operation

8:00 am-12:00 pm, Wednesday-Friday; Closed: 1st Friday of the Month

Intake Procedure - Walk-in for services

Documents Required - Call for details/more information, Photo ID

Intake Notes

Arrive early to avoid wait times. Certain services do require specific documents, please call in advance for specific details.

Description

Provides social services such as crisis intervention, emergency food, hygiene packets, day bus passes or gas vouchers for documented medical or job needs, access to benefits, clothing voucher to thrift store, partial financial assistance for applicable prescriptions, assistance to pay for drivers license, ID and birth certificates (some limits and criteria do apply, provided based on availability). Staff and volunteers also provide community referrals. Diapers and formula are provided when available.

Eligibility - No age limitations, however, minors must be accompanied by adult relative or counselor

Area Served - North Coastal San Diego County

The Salvation Army San Diego Regional Office

Family Resource Center, San Diego Kroc Center

6605 University Avenue, San Diego, CA 92115 Phone: (619) 269-1430

www.kroccenter.org

sdkroc.frc@usw.salvationarmy.org

Intake Hours of Operation

8:00 am-12:00 pm and 1:00 pm-4:30 pm, Monday-Friday; Closed: month of December

Intake Procedure - Walk-in for appointment

Documents Required

Proof of identification, Proof of Income, Proof of Residency

Intake Notes

In order to be eligible for services you must bring in: Photo ID for all adults in the household, including non-family members that reside in the household. Identification for all children in the household (birth certificates, immunization records), including non-family that resides in the household. Proof of address - current utility bill. Proof of income - required for all members of the household including non-family residing in the household. All Cal works, Sec 8, SSI, Unemployment, Cal Fresh, Adoption and Foster aid docs are required. All clients must undergo an initial assessment before receiving services.

Description

Provides emergency services to individuals, families and seniors. All assistance is based on pre-determine guidelines and availability of the resources. Emergency Services may include food boxes (on assigned calendar day), hygiene kits, clothing vouchers for job interviews, diapers/wipes and formula, Resources and Referrals, partial Scholarships for Kroc Center programs, membership, and day camps. Educational programs such as parenting and English as a Second Language are offered. Case Management Services and Spiritual Counseling Services are also available.

Eligibility

Not limited for emergency services. Some educational classes have age requirements. Clients may receive emergency food boxes once per 30-day period.

Area Served

91941; 91942; 91943; 91944; 91945; 91946; 92105; 92115; 92119; 92120; 92182

Jewish Family Service (JFS) of San Diego

Hand Up Food Pantry - Turk Family Center Corner Market

8788 Balboa Ave. San Diego, Ca 92123 Phone: (858) 637-3210

http://www.jfssd.org/site/PageServer?pagename=programs_food_assistance_food_pantry_handup@jfssd.org

Intake Hours of Operation - 1:00 pm-3:00 pm, Monday; 10:00 am-12:00 pm and 1:00 pm-3:00 pm, Tuesday-Wednesday; 1:00 pm-3:00 pm and 4:00 pm-6:00 pm, Thursday; 10:00 am-12:00 pm

Intake Procedure - Call for appointment

Documents Required - No Documents Required

Intake Notes - Must fill out intake form. Emergency assistance available.

Description - Is a point based, health incentive, market style pantry open to everyone. The Market offers fresh produce, bread, dairy, meat, healthy non-perishable items, hygiene items, and pet supplies. Food assistance is available to any person regardless of race, age, or religion. The Market is run by appointment only and last approximately 15 minutes. Service animals welcome.

Eligibility - Shoppers may visit 6 times a year, from their first appointment date, no more than once a month. If a client necessitates additional visits, client must meet with a Case Manager for assessment.

Area Served - San Diego County

Second Chances Bread of Life

Congregate Meal and Food Distribution

Trinity Chapel at the Episcopal Church Center

2083 Sunset Cliffs Blvd, San Diego, CA 92107 Phone: (619) 886-4275

Intake Hours of Operation

9:00 am Saturday Congregate Meal

Intake Procedure - Walk-in for more information

Intake Notes - Volunteers can call first or walk in.

Description - Provides congregare meals, bags of food and hygiene/grooming products. Also accepts volunteers during their Saturday morning congregare meals.

Eligibility - No restrictions

Area Served - San Diego County

Cathedral Church of St. Paul

2728 6TH Ave, San Diego, CA 92103 Phone: (619) 298-7261

<http://www.stpaulcathedral.org>

tremained@stpaulcathedral.org

Administrative Hours of Operation

9:00 am-5:00 pm, Monday-Friday

Description - An Episcopal Church that provides a number of outreach services to the community consisting of showers, **hygiene products**, clothing, breakfast and snack bags.

[Jewish Family Service \(JFS\) of San Diego](#)

Hand Up Mobile Food Pantry, St Paul's Cathedral

St. Pauls Cathedral Episcopal - 2728 6th Ave San Diego, Ca 92103 (858) 637-3210

http://www.jfssd.org/site/PageServer?pagename=programs_food_assistance_food_pantryhandup@jfssd.org

Intake Hours of Operation

1:00 pm-3:00 pm, 3rd Thursday of every month

Intake Procedure

Walk-in for appointment

Documents Required

Proof of identification

Intake Notes

Must fill out intake form. Emergency assistance available. Photo ID required for each family member receiving food.

Description

Provides food bags to those in need due to homelessness, financial difficulties, or other transitional and/or crisis issues and emergency food. Food bags are considered supplemental to other resources. Non-perishable items, bread, fresh produce, hygiene items, and other perishables are available. There are food bags available for people with dietary restrictions. Food bags are available to any person regardless of race, age or religion.

Eligibility - Not Limited

Area Served - San Diego County

Trinity Lutheran Church, LCMS

Emergency Assistance Food Pantry, Trinity Lutheran Church, LCMS

7210 Lisbon St, San Diego, Ca 92114 Phone: (619) 262-1605

www.tlcsd.org

Intake Hours of Operation

9:00 am-2:00 pm Tuesday and Thursday

Intake Procedure - Walk-in for more information

Documents Required - Driver's license, State ID

Intake Notes - Requires a one-time intake application with a State issued photo identification.

Description

Pantry provides on-going emergency food assistance to individuals and families in need. Food packages include a three to four day supply of food. Assistance is offered once every 30 days depending on availability. Also provides hygiene kits.

Eligibility - State Identification Card, Drivers License, or Military Identification.

Area Served - Southeast San Diego

The Salvation Army San Diego Regional Office

Family Services, San Diego Centre City Corps

Address: 825 7TH Ave, San Diego, CA 92101 Phone: (619) 699-2216

www.sandiego.salvationarmy.org

Intake Hours of Operation

9:00 am-11:45 pm and 1:00 pm-3:30 pm, Monday-Friday; Closed: Wednesday

Intake Procedure - Call for more information, Walk-in for more information

Documents Required - Proof of identification, Proof of Income

Intake Notes - Photo ID and proof of income

Description

Provides emergency assistance to persons in need such as emergency food, hygiene items, and clothing vouchers. Clothing vouchers are for special needs only for job interviews, court appearances, individuals with no clothing at all. Also provides referrals to other agencies.

Eligibility

For emergency food must be in an unusual situation where expected income did not arrive or was withheld. The need for a clothing voucher must be verified.

Area Served

92101; 92102; 92103; 92104; 92106; 92107; 92108; 92110; 92113; 92116; 92133; 92134; 92140; 92152