



Diaper Bank Program – Diaper Distribution Sites

The San Diego Food Bank and our North County Food Bank chapter partners with dozens of nonprofit organizations to distribute diapers to families in need throughout San Diego County.

Each location has different operating hours, and may have different eligibility criteria to receive diapers.



REGION	DIAPER DISTRIBUTION SITE	PROCESS AND QUALIFICATIONS	PHONE NUMBER
Central	Step Forward 2772 Fourth Ave., 2nd floor San Diego, CA 92103	MUST be a CalWORKs recipient and part of the Step Forward program to access diapers and period supplies. For diapers, call to confirm size and quantity availability, period supplies are available Monday - Friday from 8:30 am - 4:30 pm.	619-295-6067
Central	Armed Services YMCA San Diego 3293 Santo Road San Diego, CA 92124	Twice monthly on Mondays, please call 858-751-5755 for details.	858-751-5755
Central	Birthline Clairemont 3660 Clairemont Drive, Suite 4 San Diego, CA 92117	Monday, Tuesday, and Wednesday from 10:00 am – 2:00 pm (subject to change). Period supplies also available. Please check online at www.birthlineofsd.org for the most up-to-date info.	858-270-2491
Central	San Diego Food Bank 9850 Distribution Avenue San Diego, CA 92121	Call to schedule an appointment for diapers and food. This is a one-time only food/diaper assistance site.	858-527-1419
Central	Sharia's Closet 6244 El Cajon Boulevard, #5 San Diego, CA 92115	Please fill out the online request form here: https://docs.google.com/forms/d/e/1FAIpQLSdFaa1WZkEpX2Fuki2VBbP2Er1PALIM-84pl0UbJ13IX4D_wv/viewform	619-808-4979
Central	Jewish Family Service of San Diego 8804 Balboa Avenue San Diego, CA 92123	Please call 858-637-3027 to schedule a no touch diaper appointment.	858-637-3210
Central	Union of Pan Asian Communities 5296 University Avenue Ste. A San Diego, CA 92105	Every Wednesday from 12:00 pm – 3:00 pm, no appointment required, limited to one visit per month.	619-232-6454
Central	Partnership for a Better San Diego 4265 Fairmount Avenue San Diego, CA 92105	Tuesday – Friday from 10:00 am – 4:00 pm by appointment only, no ID required. Call 619-321-6851 and leave a message to schedule.	619-321-6851
Central	Somali Bantu Association of America 5348 University Avenue, Ste. 203 San Diego, CA 92105	Every Friday from 8:00 am – 1:00 pm. Call 619-546-9346 for diaper size availability, no appointment required. Period supplies also available.	619-546-9346
Central	Rock Church City Heights 4001 El Cajon Boulevard San Diego, CA 92105	Drive through distribution, 3rd Thursday of the month from 10:00 am – 12:30 pm. Period supplies also available. Email provisionsch@sdrock.com with any questions.	
Central	Masjidul Taqwa San Diego, Feeding Our Community 2575 Imperial Avenue San Diego, CA 92104	Call 404-438-1991 for size and availability.	404-438-1991

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Central	WeLuvSanDiego 6090 Banbury Street San Diego, CA 92139	Call 415-509-5688 for information.	415-509-5688
Central	Somali Family Service of San Diego 5348 University Avenue, Ste. 203 San Diego, CA 92105	Diapers by appointment only. Period supplies also available. Please call 619-265-5821 ext. 215 or 209 to schedule an appointment.	619-265-5821
Central	You Saved Me Foundation 3350 El Cajon Boulevard San Diego, CA 92104	Monday – Friday, 10:00 am – 4:30 pm, no appointment required. Diapers and period supplies available. Please complete the online registration form at: https://www.yousaved.me/fresh-family-program.html	800-471-1120
Central	Support the Enlisted Project (STEP) 9915 Businesspark Avenue, Suite A San Diego, CA 92131	Open to all military and veteran families. Please call to arrange pick up. Diapers and period supplies available.	858-695-6810
Central	St. Vincent De Paul at St. Gabriel's Church 13734 Twin Peaks Road Poway, CA 92064	2nd Saturday of every month from 8:00 am – 9:00 am. Period supplies also available.	858-748-5348
Central	Miracle Babies 8745 Aero Drive, Ste. 308 San Diego, CA 92123	Monday – Friday from 10:00 am – 2:00 pm, please call ahead to schedule a pick up.	858-633-8540
Central	Logan Temple A.M.E. Zion Church 302 South 32nd Street San Diego, CA 92113	Every Saturday, 9:00 am - 12:00 pm	760-704-7658
Central	La Maestra Community Health Centers 4060 Fairmount Avenue San Diego, CA 92105	Tuesday and Wednesday, 9:00 am - 2:00 pm, Friday, 10:00 am - 3:00 pm. No appointment required, diapers provided to children under 4yrs old only. Period supplies also available. Walk-ins are welcome. You must be registered in order to receive food, period supplies, and/or diapers. Mask required.	619-723-6102
Central	St. Paul United Methodist Church 3094 L Street San Diego, CA 92102	Every Thursday from 12:00 pm – 1:30 pm **MASKS/FACIAL COVERING REQUIRED** Diapers and period supplies available.	619-232-5683
East County	Good Shepherd Ministry Center/Little Lambs Diaper Program 772 S. Johnson Avenue El Cajon, CA 92020	Every Saturday from 8:00 am – 10:00 am. Call for diaper size availability. No appointment required, diapers provided to children under 4 years.	619-442-9491
East County	San Diego Military Outreach Ministries 4426 Harbinson Avenue La Mesa CA 91942	Email at Office@SanDiegoMom.org to start the assessment process. Sizes and quantities are limited to availability.	619-461-4164
East County	Journey Community Church 8363 Center Drive La Mesa, CA 91942	3 rd Saturday of the month from 8:00 am – 10:00 am No Appointment required.	619-464-4544
East County	Julian Pathways, Inc. 1704 Cape Horn Julian, CA 92036	Monday – Friday from 9:00 am – 3:00 pm, call ahead to check availability. Period supplies also available.	760-765-0661 x6

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East County	Ministerio Tiempo Nuevo 8179 Broadway Lemon Grove, CA 91945	Monday - Friday, 8:00 am - 11:45 am. Period supplies also available.	619-765-9454
East County	Salvation Army East County Red Shield Community Center 1025 East Main Street El Cajon, CA 92021	Monday from 1:00 pm – 4:00 pm, Wednesday from 2:30 pm - 4:00 pm (closed 3rd Wednesday of each month), Friday from 1:00 pm – 6:00 pm. Must show I.D. for all family members, diapers available for children under 4 only, limited to once per month per child, period supplies also available.	619-440-4683
East County	Joseph's Storehouse at Spring Valley Community Church 3310 Bancroft Drive Spring Valley, CA 91977	Tuesday, Thursday, and Friday from 9:00 am – 12:00 pm. Period supplies also available.	619-342-1414
East County	Rock Church East County 808 Jackman Street El Cajon, CA 92020	Diapers and period supplies are available during the monthly food distribution, 3rd Tuesday of every month, 10:00 am to 12:00pm. Sizes and quantities limited to availability.	619-226-7625
East County	Education Support Center 9950 Campo Road, Ste. 203B Spring Valley, CA 91977	Diapers and period supplies distributed every Tuesday, 5:00 pm - 7:00 pm, and every other Friday, 2:00 pm -6:00 pm. Also available by appointment.	619-825-7493
East County	Baby Ruth's Safe Haven 123 Worthington Street, Ste. 203-204 Spring Valley, CA 91977	Call 619-472-3900 to begin the intake process by phone. Sizes and quantities are limited to availability. Period supplies are also available. By appointment only. MASKS REQUIRED	619-472-3900
South Bay	USO San Diego 2790 Truxtun Road, Suite 110 San Diego, CA 92106	Must have valid active duty or dependent military I.D. Diapers are distributed the 1st and 3rd Friday of the month from 12:00 pm – 2:00 pm. For more details, please follow us on social media: @usosandiego or call: 619-235-6503	619-235-6503
South Bay	Victory Resource Center 1220 3rd Avenue, Suite 1 Chula Vista, CA 91911	Appointments available, Monday – Friday from 9:00 am – 12:30 pm. Walk-ins welcome, Monday, Wednesday, & Friday from 10:00 am – 12:30 pm. Email vrc@victorysouthbay.org or call 619-777-1124 to make an appointment. Diapers and period supplies available.	619-777-1124
South Bay	Operation Promise 3441 Main Street Chula Vista, CA 91911	Distribution Monday - Friday, 2:00 pm - 4:00 pm. By appointment only Monday - Friday, 10:30 am - 1:00 pm. Diapers and period supplies available.	619-902-1206
South Bay	Food Pantry at Chollas View Church 904 47th Street San Diego, CA 92102	1 st Saturday of the month from 10:00 am – 12:00 pm and 3 rd Friday of the month from 11:00 am – 2:00 pm. Diapers and period supplies available.	858-663-0471
South Bay	Logan Temple AME Zion Church 302 S 32nd Street San Diego, CA 92113	Every Saturday from 10:00 am – 12:00 pm for food and diapers.	619-233-8780 757-802-0925
South Bay	Project 1:1 560 Palomar Street Chula Vista, CA 91911	Diapers and period supplies available 3rd Thursday of the month, call for more information.	619-777-6723
South Bay	San Ysidro Health Centers WIC Offices	Call to make an appointment for San Ysidro Health WIC services and to pick up diapers. Period supplies also available.	888-942-7942
South Bay	Father Joe's Village 3350 E Street San Diego, CA 92102	Every Monday, Thursday, & Friday from 12:00 pm – 2:00 pm	619-233-8500
South Bay	South Bay Food Pantry 970 Broadway Street Chula Vista, CA 91911	Every Sunday 8:15 am – 9:15 am. Call (619) 271-5017 for diaper size availability. No appointment, identification, or proof of income are required.	619-271-5017

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South Bay	Silent Voices, Inc. 355 K Street, Ste. H Chula Vista, CA 91911	Call for information and size availability. Monday – Friday 10:00 am – 4:00 pm. Period supplies also available.	619-422-0757
South Bay	Friendships for Hope 2711 Burden Way (Behind Paradise Valley Church) National City, CA 91950	First Tuesday 9:00 am – 12:00 pm. Please call Peggy at 619-395-5088 to start the assessment process and check availability. Distribution limited to the following 5 - zip codes: 91950, 92139, 92113, 92114 & 92136.	619-395-5088
South Bay	Hearts and Hands Working Together 2020 Alaquinas Drive San Ysidro, CA 92173	2nd Tuesday of the month from 8:00 am – 12:00 pm. In the Our Lady of Mount Carmel parking lot. Sizes and quantities are limited to availability.	619-662-7592
South Bay	Urban Refuge 940 Hilltop Drive Chula Vista, CA 91911	Diapers and period supplies available, 3rd Sunday of the month, 1:00 pm - 3:00 pm.	619-500-3073
South Bay	Community Through Hope 465 C Street Chula Vista, CA 91910	Diapers and period supplies available Monday, Wednesday, Thursday, and Friday, 9:30 am -12:00 pm and 1:00pm - 4:00 pm.	619-947-6002
North County	Fallbrook Spanish 7th Day Adventist 439 Iowa Street Fallbrook, CA 92028	Diapers and period supplies available, 1 st Wednesday of every month from 6:00 pm – 7:00 pm.	760-468-4783
North County	MAAC Project Vista 956 Vale Terrace Drive Vista, CA 92084	1 st Wednesday from 7:30 am – 9:30 am, 3rd Wednesday from 4:00 pm – 6:00 pm. Diapers and period supplies available.	760-471-4210
North County	Vista Community Clinic 1000 Vale Terrace Drive Vista, CA 92084	Call 760-631-5000 x7014 and leave a message. Your call will be returned in the order it was received. Diapers and period supplies available.	760-631-5000 x7014
North County	San Marcos 7th Day Adventist Church 363 Woodland Parkway San Marcos, CA 92069	1 st and 3 rd Tuesday from 4:00 pm – 6:00 pm	760-690-7780
North County	Summit Church 292 East Barham Drive San Marcos, CA 92078	Every Tuesday 10:30 am - 2:00 pm, every Thursday 2:30 pm - 6:00 pm, first & third Saturdays 10:00 am - 12:00 pm. Diapers and period supplies available.	760-471-6267
North County	Mission San Luis Rey Parish, Loretto House Food Pantry 4070 Mission Avenue Oceanside, CA 92057	Tuesdays – Saturdays from 8:00 am – 4:00 pm. Call 760-547-0708 for diaper size and availability. Period supplies also available.	760-547-0708
North County	Ramona Food & Clothes Closet 773 Main Street Ramona, CA 92065	Monday – Friday 9:30 am – 12:30 pm & 2:30 pm – 4:00 pm. No appointment required. Diapers and period supplies available.	760-789-4458
North County	Rock Church San Marcos 1370 W. San Marcos Boulevard San Marcos, CA 92078	1 st Thursday of every month from 12:00 pm – 2:00 pm. No appointment required. Diapers and period supplies available.	619-226-7625
North County	North County Food Bank 3030 Enterprise Court Vista, CA 92081	Pantry hours: Monday - Friday, 9:00 am - 3:00 pm, by appointment. Diapers and period supplies are available in the pantry only, they are NO LONGER available in the drive-thru.	858-863-5177
	St. Andrew's Episcopal Church	Thursday from 2:00 pm - 4:00 pm drive thru distribution, one household per car	

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North County	890 Balour Drive Encinitas, CA 92024	Thursday from 2:00 pm – 4:00 pm, drive-thru distribution, one household per car, diapers upon request. Period supplies also available.	760-214-7550

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North County	Lived Experiences, Inc. 1106 Whaley Street Oceanside, CA 92054	Call for information and size availability. Period supplies also available.	619-368-3790
North County	Foundation Matthew 633, Inc. 1800 N. Broadway Escondido, CA 92026	Diapers and period supplies available, Mondays & Fridays from 10:00 am – 11:30 am	619-253-9951
North County	R.A.W. Ministries 777 W. Felicita Road Escondido, CA 92025	1st Wednesday of every month, 11:00 am -12:00 pm	760-580-0835
North County	The Center (San Diego Christian Center) 1305 Deodar Road Escondido, CA 92026	Drive-thru distribution (food, diapers, and period supplies) on Sundays from 11:30 am – 12:30 pm.	760-707-6681
North County	Shaback Resource Center 272 East Via Rancho Parkway, #157 (first floor, next to JC Penney) Escondido, CA 92025	Monday - Friday, 11:00 am - 4:00 pm, Saturday & Sunday, 10:00 am -4:00 pm, no appointment necessary. Closed Feb 18-21, Mar 31- Apr 4, May 29-30, Jun 17-20, Jul 01-05, Aug 04-04, Sep 03-06, Sep 09-13, Sep 23-26, Oct 10, Oct 31-Nov 1, Nov 11-15, and Nov 22 - Jan10.	619-519-9090
North County	North Coast Church 2405 N. Santa Fe Avenue Vista, CA 92084	Distribution the last Tuesday of the month at 32077 Community Church Drive, Pauma Valley, CA 92061. Diapers and period supplies available.	760-724-6700
North County	Grace Presbyterian Church 1450 E. Vista Way Vista, CA 92084	Monday, Tuesday, and Friday from 8:15 am – 9:15 am. Sizes are limited to availability.	760-724-0077
North County	Women of Promise Resource Center 1605 Grand Avenue, Suite 1 San Marcos, CA 92078	Monday - Thursday, 9:00 am - 4:00 pm, and Fridays by appointment only. Diapers and period supplies available. Call 760-539-7350 for appointment times and availability.	760-539-7350
North County	Apostolic Assembly, My Father's House 1717 East Lincoln Avenue Escondido, CA 92027	Last Tuesday of the month, 2:00 pm - 4:00 pm. Diapers and period supplies available.	760-741-6199

This list was last updated on 07/20/23.