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SUPPORTING FAMILIES

CONNECTING WITH QUALITY EARLY CARE AND EDUCATION

YMCA CHILD CARE RESOURCE SERVICE



3 SIMPLE NUMBERS.
1 helpful voice.

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2-1-1

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If you or your family's combined income is less than \$57,000 a year, you may qualify to prepare your Income Taxes on your own for FREE. For more information, please [click here](#).

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Free Summer Meals for Kids and Teens!

NO enrollment. NO paperwork. NO income qualifications.

All children 18 and younger are welcome.

About Summer Meals

During the school year, tens of thousands of children in San Diego County depend on free and reduced-price meals each day. When school ends for the summer, many children are at risk of hunger with this important resources missing. The Summer Food Service Program (SFSP) is meant to fill that nutritional gap.

En Español

Looking for a Summer Lunch Program Near You?

Enter your zip code to find the site closest to you.



SHB gnieB-lleW ot syawhta P eht htiw skrow osla margorp ehT .smargorp evitcepser reieht of keeps of gniteem TFC eht fo srebmem maet eht ksa Yam eroferete dna lartuen niamer ot si rotatilica F TFC eht fo elor ehT .secrevS htlaeH larovah and B dna .noitaborP .SWC tuoba sgninrae-e ATEHB etelpmoc dna gniniart nosrep-ni htob eviecer srotatilicaF TFC hcniF derF ehT ?margorp laudividni ym dna .secrevS htlaeH larovahB .noitaborP .SWC tuoba evah srotatilica F eht od egdelwonk tabW .j4 .gro.hcnifderf@slarrefertfc ro .jgro.hcnifderf@niralcmarual(.niralCm arua L .regana M .margor P .liame esaelP .ssecorp gnitee M TFC eht gnidrager snoitseq ro kcabdfeef yna evah uoy fl gnieF .ecnavda ni htino eno to pu smoh 27 mof larrefer a dnes nac uoY ?gnite TFC a rof larrefer a dnes l sum ecnavda ni raf woH? slarrerer of deem margorp TFC eht seed eciton hcum wohJ .2. rotatilica F dael. rieht yb gnihaoc dna noitavresb evil sa llew sa siliks noitaticaf ni gniniart gniogno eviecer osla srotatilicaF TFC eht seicnega rehto ot elbacilpa seicilop/sevitaitini dna noitaticaf no seicrieva5 htlaeH la B dna .noitaborP .erafewW dlbC morf gniniart fo suoh 04 eviecer osla yehT .spnitemt qnitatilicaF dna gninnur eceirepre krow rieht rof derih was srotatilicaF TFC eht ?teg srotatilica F TFC eht od gniniart tabW .j1 a deen ohw htioy rof slarrerer stpecca margorP noitaticaf gnieeM TFC AbcmF derF ehT ?devolvni metsys eb ot evah htioy oD ?peccca margorp TFC eht seed slarrerer fo epty tabW .j8 dehcatta si tsfl ffats detadpu ehT .kcabdeef yna htioy reganaM .margorP eht ro meht of tun haear of eerl leef .srehmeq fflats dna noiger hcae eesrevo ohw srotatilicaF dael. era eriehT ?o kaeps I nac ohW .gniteem eht del rotatilicaF TFC CYFF eht erewh dednetta 1 gniteem TFC a tuoba kcabdeef evah J .7 .etairprppa sa tnemecalp eht troppus of seicireS dmioraparW ro/dna rekroW syawhtaP SHB eht etivni liiw eW .dettimbus eb diuohs margorp TFC eht ot larrefer a .tnemecalp fo egnahc a fo ksr ta si htioy a taht erawa si redivorP SHB/WSP/O eht sa noos SA .elbissos ton si taht fi halp tnemecalp etanretla na ekam ro tnemecalp eht iatiatiot of tpmetta ot gniteem TFC ycnegreme mA ?gniteem TFC ycnegreme na si tahW .j6 .srebmem maet dna .seilmaf .htioy gnisufhoc diova of deludehes setad tes htiv slarrerer gniteem TFC gnidines morf niarf eresaP .ytinumoc elb rucco taht sgniteem TFC fo snotiacl eht gnidnapxe elhw gniteem TFC eht ta stropous larutan fo rebmun elb esaercti of si margorp eht fo laog rehtonA .scipot adnega gnihehtag dna .gniteem TFC eht fo snapictrapt eht lla gnillac ot noitidol ni gniteem TFC eht eludehes ot si margorP noitaticaf gniteeM TFC FF .jgro.hcnifderf@niralcmarual(.srotatilicaF TFC eht rof gniniart cificeps a egnarrfa ot ekil diuov uoy fl niralCm arua .reganaM margorP liame esaelP A securuso dna smargorp rehto tuoba erom gninrael of nepo syvla si margorp noitaticaf gniteem tfc A .ff Eht .erac fo metys eht nihtiw smargorp tuoba nrael ot of deriuqer lla taht dna drawrf gnivom si gniteem TFC eht rof gninnal taht serusee espocer pmorp rwo Y .gniteem TFC evitcidor erom rof smeti adnega gninmaerts dna gnirehtag yb gniteem TFC eht rof srebmem maet lla eraper splsh osla hcaerut siH .seitlibisnopses smargorp noitaticaf F gniteeM TFC AbcmF derF fo eno si mae TFC eht fo srebmem lla gnilla C ?gnite silt tuoba enooms ot deklat ydaerla evah I nehv gniteem TFC eht tuoba in rotatilica gnillae F TFC eht si yhW .j11 .larrefer yu fo suots eht keebof gro.hcnifderf@slarrefertfc liame nac uoY ?taht od I od woh .larrefer yu fo suots eht work of tmaw? 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Tour maps are available at the Gilman Drive campus entrance. (University of California@ASan Diego, La Jolla) Continue to 5 of 9 below. 05 of 09 Spreckels Park On Sunday evenings throughout the summer, bring a picnic and a blanket and enjoy toA Coronado's Summer Concert SeriesA Ain 8-acreA ASpreckels Park, which features a gazebo stage, A playground, picnic tables, and restrooms.A 06 of 09 Getty Images/Stephanie Hager - HagerPhoto The first Tuesday of every monthA A free admission day atA Acalifornia Surf Museum in Oceanside.A which houses a permanent collection of historic boards, photographs, and videos spotlighting the sport of surfing and the legends who braved the waters over generations. 07 of 09 TheA California Center for the Arts Escondido offers free family musical events featuring a range of live music acts.A All ages are welcome, though some events require pre-registration.A 08 of 09 Balboa Park On Tuesdays and Sundays, families can explore Balboa Park on a free ranger-led walking tour to discover the largest urban cultural park in the United States its beautiful Spanish Colonial-Revival architecture and beautiful gardens. Continue to 9 of 9 below. 09 of 09 On theA Afirst SundayA Aof each month, the San Elijo LagoonA ANature CenterA AholdsA Afree Family Fun Days. Each summer features a different theme, from Kumeyaay (a Native American people indigenous to the area) to our changing climate and how we can do our part to conserve natural resources. A@A 2022 Vitadox Beginning September 7th, we are offering food assistance Monday-Thursday 10am-2pm. Families may receive food once a week, and diapers, once a month. No appointment is needed, but you must be registered to receive food. Irvine-based Families Forward has been awarded \$65,000 from Capital Group. The is a combination of three grants @AAA \$30,000 for general operations, a one-time grant of \$30,000 for special project support and a \$5,000 COVID-relief grant. Families Forward CEO speaks with Good Day L.A.'s Bob De Castro about Summer Hunger and the need for food. Thanks to the support of our extended Ohana (community/family) we were able to raise over \$375,000 to help prevent and end homelessness. Watch full program here. Our most needed food items are: Rice (1/2 lb and 1lb.), Canned Fruits, Canned Soups and Beans and Peanut Butter Pasta (small and regular sized jars). jars).

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