

Already Prepared Food Choices

Restaurants

Cafe Mediterranean on Washington Street: good, inexpensive food – has vegetarian choices also – will deliver within certain range.

Farmer's Bodega on Washington Street: salads, lighter fare, more vegetarian-than-meat oriented - open for sit-down service - will deliver.

Bronx Pizza on Washington Street: New-York-style pies, and calzones, take-out only – whole pizzas – no single slices yet. Vegetarian pizzas available including "lite" cheese, and spinach, herbs, mushrooms and other veggies ... a good deal better than pepperoni + sausage + salami + three cheeses!!!

Plumeria on Park Boulevard at Adams Avenue: All vegetarian food – Thai style – prices are reasonable – curb-side take-out – soon to have sit-down service, again. Really good food, beautifully prepared and presented.

El Zarape on Park Boulevard – opposite Plumeria. This original El Zarape has the best Mexican food in the area! Well prepared, fast, reasonably priced. Does not deliver – curb-side pick-up. There are two other “El Zarape” restaurants – both on Adams Avenue – not as good as the original.

These restaurants are ones I know. There are many others in different neighborhoods, and I'm sure many of you have favorites you can share.

Grocery Stores with Prepared Food

Many grocery stores have areas where “fixings” can be purchased, making it easy to put together a decent, healthful meal.

Probably the best of these stores is Lazy Acres on Washington Street. The choices there are more than adequate to create a meal to your liking! What with all the fresh vegetables – ready to cook – and fruit that's just asking to be consumed, whatever “arian” you are, these offerings are worth buying. There are also fresh meats, fish, and seafood – any of which would add a healthy protein to the meal. For vegetarians/vegans there is a good choice of different legumes and nuts.

Trader Joe's has a wide selection of “prepped” vegetables in the fresh vegetable section and many **jarred sauces** (sauces in jars) to combine with the vegetables and other ingredients. And there are many versions of “**Trader Joe's Cookbooks**” that suggest ways to use already prepared ingredients. **Check your local library.**

Lazy Acres, Trader Joe's, Whole Foods, Stehly Farms(in Kensington), **Sprouts, Vons, and Ralphs** all have salad bars and deli sections with prepared food. They vary in freshness and number of healthy choices.

Don't forget the frozen food section of groceries. The “Bowls” from Amy's, Healthy Choice, or any other brand, are possible the better choices – just read the ingredients, and the calories and salt. Bags of frozen vegetables are “prepared” so they are **easy &** fast to cook.

Other Food Options

If there is a need, please come to the South Bay Food Pantry **during** distribution every Saturday from 11 am to 12:30 pm, or, if you prefer, **you may** make a private appointment to pick up food at day and time convenient for you. If you need food and cannot get to the South Bay Food Pantry, please let us know. We may be able to arrange for a volunteer to deliver food to your home in confidence.

The Caring Volunteer Group provides rides, meals, and **assistance** with other tasks upon request. Please contact Chris Smith at [**ChrisSmith7@cox.net**](mailto:ChrisSmith7@cox.net) or at **619-300-7477**.

Call 211 or go to [**211.org**](http://211.org) for the dates, times, and locations of free food distributions in **neighborhoods** throughout San Diego County.

The Uptown Community Service Center has a drive-in food pantry service on Monday and Friday, 3 pm to 6 pm (at the intersection of 30th & Landis Street in North Park, at St. Luke's Episcopal Church).

Register for CalFresh at [**https://www.cdss.ca.gov/inforesources/calfresh**](https://www.cdss.ca.gov/inforesources/calfresh) for monthly benefits for low-income families

Register for free meal delivery for seniors through the San Diego County Great Plates program at [**https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/greatplates.html**](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/greatplates.html)

If you are in need of food assistance, contact Rev. Kathleen Owens, Rev. Tania Márquez, or intern minister Matthew Waterman. **They** handle the Minister's Discretionary Fund. Please feel comfortable to reach out to us in confidence if there is anything we can do for you!