

FOOD & HOUSING RESOURCE GUIDE

2020-2021

Basic Needs refers to the **most essential resources** required to thrive as a student, which includes access to **nutritious food, stable housing, and financial wellness**.

In recognition of **Hunger and Homelessness Awareness Week**, the Office of Food and Housing Resources has compiled a **list of resources** dedicated to ensuring basic needs both **on and off campus**. We hope this information guides the Triton community in attaining support to **achieve food and housing security** during these difficult times. For any questions or inquiries, email avpfoodandhousing@ucsd.edu.

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The Hub addresses the gaps and concerns students have with accessing nutritious food, stable housing, and financial wellness resources. They are committed to raising awareness around the basic needs and marshaling resources so students can focus on their academic success.

If you are a UC San Diego student who is facing challenges with access to adequate food, stable housing, or general resources, it is encouraged to complete the [Basic Needs Assistance Form](#). This form will be assessed to provide individual resource suggestions and options to meet with supportive staff for a Basic Needs Consultation.

The Hub oversees the [Personal Hygiene Product Pick-Up](#) program, where students can access personal hygiene products no cost. Students can select the products they need from the provided list and schedule a pickup time at the Hub's physical location. Don't forget to wear a mask!



CalFresh is California's Supplemental Nutrition Assistance Program (SNAP) that awards those who are eligible with monthly grocery benefits based on individual need to help supplement their food budget and buy food. CalFresh benefits are accessed by using an Electronic Benefit Transfer (EBT) card. These benefits can be used at many grocery stores and campus markets.

Eligibility varies depending on individual factors such as income and certain living expenses. Fill out the [CalFresh Assistance Form](#) for eligibility inquiry and application assistance or join the CalFresh Team during [CalFresh Walk-In Hours](#) on Zoom on the weekdays.

TRITON FOOD PANTRY



The Triton Food Pantry is a service of Associated Students that seeks to provide a discreet service to UCSD students in need of food. They aim to build a network of food resources and awareness about food insecurity so that every UCSD student has nutritious fuel to achieve academic success.

Students can visit the Triton Food Pantry once a week to collect pre-bagged items. Schedule a pick-up appointment 3 days in advance through Calendly at either pantry location: [Student Center A](#) or [Grad & Family Housing](#). Report any dietary restrictions when you schedule your appointment and make sure to wear a mask when you pick up your pantry items!

Cancellation Policy: Students must cancel or inform Pantry Staff via email or by Facebook at least one hour prior to the scheduled pick up time.



DOORDASH DELIVERY

The Triton Food Pantry has started a Delivery Project in collaboration with DoorDash, United Way, and 211 San Diego to make food more accessible for students who are unable to make it to either pantry locations on campus due to a variety of circumstances.

To utilize this service, ensure you are within the bounds of the [10 mile delivery radius](#). Fill out an [order form](#) 7 days in advance before your scheduled delivery. Your order form will count as your Pantry visit for the scheduled week.

Cancellation Policy: Students must cancel 7 days before the delivery date and inform Pantry Staff via email.

GROCERY SHUTTLE



HDH, Transportation Services and Basic Needs have partnered to offer a free weekly shuttle service to La Jolla Village Square and Convoy from The Village and Pepper Canyon for UC San Diego students. You can find various culturally reflective dining options as well as grocery stores there including 99 Ranch Market, Balboa International Market, Food 4 Less, Zion Market, Tropical Star Market and Restaurant, H-Mart etc.

This program seeks to provide free and reliable transportation to students living on or near campus who may not have a reliable form of transportation to purchase groceries and run essential errands. Visit the [Basic Needs Website](#) for updates on the shuttle routes, quarterly schedule and student coupons that can be used.



FOOD RECOVERY NETWORK

The Food Recovery Network is a national non-profit organization with a mission to reduce food waste and combat food insecurity through the recovery and distribution of edible food waste. UC San Diego's chapter started in 2016 and works with on and off campus partners to recover food waste to feed students and community members facing food insecurity.

Sign up for an appointment at the weekly food distributions at OMS or the Hub on the [Basic Needs Website](#). Recovered food sources comes from HDH Dining Halls and Markets, Leucadia Farmer's Market, Campus Farmer's Market, Su Pan (Y Mas), UCSD Thornton Hospital, and Vons. Don't forget to wear a mask during your appointment!



OFF-CAMPUS HOUSING OFFICE

UC San Diego offers a variety of services through the Off-Campus Housing Office to assist students in achieving **housing stability**. They offer resources to aid students in the **transition from on-campus living to off-campus living**. Students can schedule housing consultations to review off-campus housing options, receive general first-time lease signing information, as well as move-in and move-out resources.

UC San Diego students can also utilize the UCSD [Off Campus Housing Website](#) to search for housing, roommates, moving information/documents, and off-campus living resources. Students can access this website by using their **sign-on credentials**.



EMERGENCY HOUSING

Students in emergency situations may be eligible for **Emergency Housing** through UC San Diego. This service provides students facing imminent loss of housing or currently unhousing with a **short-term, transitional stay**. Emergency housing situations are often those consisting of safety concerns, unforeseen housing displacements, and other crisis situations. This resource exists to support students in **emergency situations only**.

If you need Emergency Housing, complete **Basic Needs Assistance Form**. Emergency Housing referrals are reviewed daily. Staff will respond as soon as possible, no later than 2 business days. For housing emergencies that are **time sensitive**, please complete the Basic Needs Assistance Form and **email** [\[basicneeds@ucsd.edu\]](mailto:basicneeds@ucsd.edu) or **call us**. Eligibility, length of stay, and location placement is determined upon **assessment of emergency housing needs**.

STUDENT LEGAL SERVICES



Student Legal Services provides counseling and advice on all legal issues to UC San Diego students. SLS attorneys work specifically to combat food and housing insecurity by broadening their legal to address all aspects of these issues.

Student Legal Services can help students confront landlord-tenant laws, debt settlement, criminal law, and many other housing crisis situations that may arise. They can be accessed through individual appointments, counseling and educational workshops. Student Legal Services also assists students in reviewing leases and answering any legal questions.



The Zone provides innovative programming that promotes skill development for healthy living, and introduces well-being resources to students; and to serve as a student space for relaxation, social connections and personal development.

The Zone is designed to promote healthy, balanced living to UCSD students. The Zone works to support students within the 8 Dimensions of Wellness and offers free programs including yoga classes, fitness assessment, meditation, therapy dogs de-stress events, healthy cooking demonstrations etc.

The Zone is a one-stop well-being lounge that encourages discovery, exploration, awareness, and adoption of new and current wellness offerings that can affect positive and measurable behavioral changes in our UCSD Triton community. Due to COVID-19, the Zone's physical location is closed but their programs continue to operate in an online setting.

STUDENT SUSTAINABILITY COLLECTIVE



The Student Sustainability Collective is dedicated to promoting sustainable policies, education for students, and **social justice dialogue** on campus. The Sustainability Resource Center is an open space for the UCSD community with **sustainability resources** to foster a culture of responsibility, collaboration and empowerment for campus sustainability. Free resources include printing, access to computers, water, feminine hygiene products etc.

The SSC emphasizes **community, collaboration, and empowerment** to foster a culture of responsibility and to ensure a **sustainable future**. They incorporate water, corporate accountability, transportation and urban development, energy & waste, civil & human rights, food, and public health into their work.



Counseling and Psychological Services (CAPS) provide **free and confidential** individual, couples, and group **counseling** to UCSD students. CAPS strives to combat food and housing insecurity by addressing basic needs concerns that affect a **students' overall wellbeing**. CAPS staff works to assess the individual needs of students and connect them to on campus resources that will **support** their situation. CAPS provides **counseling options, workshops, and community forums** for UC San Diego students.

To schedule an appointment, visit [MyStudentChart](#) or call **858-534-3755**. CAPS also offers a large selection of psychotherapy group, workshops, and community open forums. In crisis situations, call the **24/7 urgent line** at 858-534-3755 (option 2 outside business hours) to **speak with a counselor**.



SAN DIEGO FOOD BANK

The San Diego Food Bank and North County Food Bank chapters comprise the largest hunger-relief organization in San Diego County. They provide nutritious food to people in need, advocate for the hunger, and educate the public about hunger-related issues by partnering with nearly 500 nonprofits.

The San Diego Food Bank's food distribution programs continues to serve those in need throughout the duration of the COVID-19 crisis. Super Pantries are located across San Diego County and offer both contactless "drive-thru" and "walk-up" food distribution services. The Emergency Food Assistance Program distributes emergency food packages at 90 different locations every month. The Neighborhood Food Distribution Program distributes fresh produce and nonperishable food items at 19 distribution sites.



211 San Diego is a free nonprofit organization that connects people with community, health and disaster services. 211 puts more than 6000 of San Diego County's social services just a call away whether you are struggling to pay your utility bills, in need of shelter, struggling to provide food for yourself or require disaster relief.

211 San Diego is here to serve you, your family and the San Diego community. Explore their database of over 6,000 services and resources that include food, utilities, health, housing & homelessness, financial assistance & taxes, emergency services, LGBTQ+ community resources, transportation etc.

If you need help finding food, housing, health care or other basic needs, call 211 to speak live with a trained professional. 211 San Diego operates 24/7 in over 200 languages to help you handle life's unexpected problems. All calls are free and confidential.



FEEDING SAN DIEGO

The mission of Feeding San Diego is to connect every person facing hunger with nutritious meals to create a hunger-free and healthy San Diego. They combat food insecurity through a decentralized food recovery and various food distribution locations. Every dollar donated helps provide nutritious meals to the needy.

Feeding San Diego distributes more than 31.2 million meals annually across San Diego County. All food distributions that are open to the public are listed on their website. Feeding San Diego also assists individuals in enrolling to CalFresh, as a long-term solution for food security.

SAN DIEGO HUNGER COALITION



San Diego Hunger Coalition leads coordinated action to end hunger in San Diego County supported by research, education, and advocacy. Their vision is that everyone in San Diego County has enough food for an active, healthy life.

Hunger Free San Diego is a collaboration of agencies leading the fight against hunger in the San Diego County. They aim to end hunger through an interwoven safety net of food assistance resources. This program hopes to direct individuals that are experiencing food insecurity to timely, adequate, and appropriate assistance that is sufficient to see them safely through their time of need.

San Diego Hunger Coalition partners with CalFresh to enable individuals in need to purchase food from local grocers and farmers markets by providing extra money for groceries each month. Some programming has been affected by the COVID-19 pandemic, but college students can stay up to date by signing up for their newsletter.



SD RESCUE



SD Rescue is a nonprofit organization that provides shelter and recovery services such as education, employment, child care, to underprivileged and homeless individuals in the San Diego area. They hope to address the needs of men, women and children experiencing homelessness by sharing the Good News of Salvation and providing a holistic approach to rehabilitation and recovery.

SAN DIEGO HOUSING COMMISSION



The San Diego Housing Commission oversees innovative programs that provide housing opportunities for low-income and homeless individuals and families in the City of San Diego.

SDHC seeks to provide affordable, safe, and quality homes for low- and moderate-income families and individuals in the City of San Diego and to provide opportunities to improve the quality of life for the families that SDHC serves.

SUNBURST YOUTH HOUSING PROGRAM



The Center's Youth Housing Project provides safe and supportive housing for San Diego's homeless youth, including LBGT and HIV-positive youth. They ensure that youth have easy access to needed services that will support them in maintaining stable housing. Their facility is located in downtown San Diego at 1640 Broadway, close to community health facilities, public transportation and other essential resources.

CONTACT US

Connect with On Campus Resources!

THE HUB



(858) 246-2632



basicneeds@ucsd.edu

CALFRESH



(858) 246-5582



calfresh@ucsd.edu

TRITON FOOD PANTRY



(858) 534-5694



foodpantry@ucsd.edu

FOOD RECOVERY NETWORK



frn@ucsd.edu

STUDENT LEGAL SERVICES



(858) 534-4374



sls@ucsd.edu

THE ZONE



(858) 534-5553



zone@ucsd.edu

SSC



sscucsd@gmail.com

CAPS



(858) 534-3755



mystudentchart.ucsd.edu

HELPFUL LINKS

[Basic Needs Assistance Form](#)

[CalFresh Assistance Form](#)

[Personal Hygiene Products](#)

[Triton Food Pantry Form](#)

[DoorDash Delivery Form](#)

[Affordable Grocery Map](#)

[Grocery Shuttle - La Jolla](#)

[Grocery Shuttle - Convoy](#)

CONTACT US

Connect with Off Campus Resources!

SAN DIEGO FOOD BANK



(858) 527-1419



sandiegofoodbank.org

211 SAN DIEGO



211



211sandiego.org

FEEDING SAN DIEGO



(858) 452-3663



feedingsandiego.org

SD HUNGER COALITION



(619) 501-7917



sandiegohungercoalition.org

SD RESCUE



(619) 687-3720



sdrescue.org

SD HOUSING COMMISSION



(619) 231-9400



sdhc.org

SUNBURST YOUTH HOUSING PROGRAM



(619) 692-2077



[thecentersd.org/programs/
youth-services/sunburst-
youth-housing-project/](http://thecentersd.org/programs/youth-services/sunburst-youth-housing-project/)

HELPFUL LINKS



[Eat Fresh](#)

[Market
Match](#)

[HEAP](#)

[SD
Cares](#)

[Food Finder](#)

[COVID-19
Resources](#)

[Find Help](#)

[SDGE
Care
Program](#)