

ASCENDtials' Monthly Food, Clothing & Plant Swap in City Heights to Nourish, Empower & Unite the Community

Food Distribution Every Second Friday of the month, July 11 at Officer Jeremy Henwood Memorial Park



ASCENDTIALS PRESENTS OUR MONTHLY SPONSORED BY RESCUE MISSION

Event Details

Free food, music, and fun activities for the children, resource vendors, and culture from the diverse City Heights community

FOOD DISTRIBUTION

**Second Fridays
Starting
11th July**

10 am – 1 pm

Event Details

Free food, music, and fun activities for the children, resource vendors, and culture from the diverse City Heights community

Officer Jeremy Henwood Memorial Park
City Heights
4455 Wightman Street
San Diego, CA 92105

Call 619-894-6972, email
info@ascendtials.org or go to
ascendtials.org/fooddistribution2025

San Diego
RESCUE MISSION
SAVING LIVES SINCE 1955



San Diego, California Jul 12, 2025 ([IssueWire.com](https://www.issuewire.com)) - **Imagine this:** a welcoming space where community members come together to bag and share fresh, locally sourced food—with care, intention, and compassion. ASCENDtials is proud to present its monthly Food Distribution beginning Friday, July 11, 2025, from 10 AM to 1 PM at Officer Jeremy Henwood Memorial Park. This free monthly event is a vital part of ASCENDtials' mission to promote food security, community support, and equity and access for underserved neighborhoods in City Heights.

Held every second Friday of the month, this free food distribution aims to support 100 local families by providing fresh produce bundles, gently used clothing, and plant propagation exchanges—with compassion, dignity, and love. The event operates rain or shine, with no registration required, offering both walk-up and drive-thru service for ease and accessibility.

Each distribution includes items like mushrooms, collard greens, kale, oranges, tomatoes, avocados, and sugar cane, harvested by local San Diego farmers. Clothing swaps allow attendees to refresh their wardrobes sustainably, and our plant propagation station invites neighbors to exchange clippings, growing community alongside greenery.

Event Details:

- Second Friday of Every Month
- 10:00 AM – 1:00 PM
- Officer Jeremy Henwood Memorial Park, 4455 Wightman Street, San Diego, CA 92105

Walk-up & Drive-thru | Rain or Shine | No Registration Required

Upcoming Dates:

- July 11, 2025
- August 8, 2025
- September 12, 2025
- October 10, 2025
- November 14, 2025
- December 12, 2025

In addition to food and clothing, we are excited to host community vendors on-site offering valuable resources for health and wellness. LiveWell San Diego, our nonprofit partner, will provide self-sufficiency and nutrition guidance, while La Maestra Community Health Centers will offer wellness services right at the park. Youth-focused organizations like SAY San Diego and Mid-City CAN will also be present, connecting families with programs and services that support long-term stability and opportunity.

This initiative is grounded in the core values of food security, healthy meals, accessible resources, and a shared commitment to nourishing our neighbors. In collaboration with The Food Rescue, it does more than provide fresh groceries—it creates space for community resilience through compassionate service, equity, and local collaboration. Set in City Heights, a richly diverse neighborhood home to immigrant families from Somalia, Sudan, Haiti, and beyond, the monthly distribution reflects the strength and unity

of a community that cares. By offering fresh produce, clothing, and plant swaps, this event becomes a hub for connection, dignity, and support. It's also a powerful invitation to get involved—a chance to volunteer, uplift others, and truly make a difference through collective action and shared purpose.

Wondering how you can help? Check out our food distribution page [here](#) or on our website where you can find more details on how to become a [sponsor](#) or join us a [volunteer](#)! Your help is always welcome. You can also check out more information about San Diego Rescue Mission [here](#).

Join us each month. Share the love. Make a difference.

Media Contact

ASCENDtials

*****@ascendtials.org

6198946972

505 W Broadway

Source : ASCENDtials

[See on IssueWire](#)