Websites to Parents for Children:

1. [http://paleobiology.si.edu/dinosaurs/](http://paleobiology.si.edu/dinosaurs/)
   Smithsonian National Museum of Natural History has a great and exciting website all about dinosaurs. This site features an interactive section where children can a virtual tour in one of Smithsonian’s National Museums. The site also includes information on what is a dinosaur, where they live, and why did they go extinct?

2. [http://www.mnh.si.edu/mna/](http://www.mnh.si.edu/mna/)
   Welcome to the National Museum of Natural History's North American Mammals Web site. This is a searchable database of all living mammals of North America and a Family Tree map of the different species of mammals.

3. [http://ocean.si.edu/](http://ocean.si.edu/)
   Ocean Portal is another rich informational site where you can explore the wonders on the sea and what lies beneath. You will get to learn about the issues of today and of the ecosystems and how we can become conservationists in our own communities. Also available are webcasts of educational topics that are evolving in our oceans of today as well as the animals that live in them and their behaviors- great for children to observe sharks, eels, and submarines that go deep down into the darkness where rare animals are to be seen.

   National Park Service for kids uses a dynamic learning tools of our National Parks and Recreation in the United States. It educates children to one of the largest National Parks in the United States Yellowstone. It offers a photograph slide file of pictures taken around the park and where you can find information on the types of plant life, animals which reside inside the park and of the thermal active activities.

   Children’s butterfly site includes complete information of butterflies and their life cycles as well as moths that can be seen in your back yard from North America. Browse through many species of butterflies and moths for further information. Most impressive feature of this website is found under Teaching and Learning Tools, where you will find BAMONA (acronym); a database that helps you identify what type of butterfly you found by submitting a picture to them.

   Georgia aqarium has a terrific resource for children who love ocean animals. A collection of interactive games, video’s, with live web cams, and exhibits where you can visit on-line with downloadable fact sheets that are available of the ocean animals.

   Exploration brings you Ice Stories from Antartica where they gather a very gripping perspective of looking into what sceintists are studying the Arctic. Applies ongoing projects that are going on at the moment, along with articles by date of similar studies of climate change and how it affects us.

   National Geographic Kids is another great trusted site for children to search around the tool bar for knowledge of insects and the kinds of plants that attract them, to finding
other exotic animals. There is a mass amount of places to explore on this website that will keep them fully engaged in learning new and exciting subjects.


Is your child/ren interested in their bodies lately? Asking questions you may or may not know how to answer? Well, this site is for you. It will help you answering those hards questions like why do we chatter our teeth when we’re cold or what causes a ice cream head ache? This website might be extremely confusing for young toddlers but useful information of the core of experiencing the study of biology.


The Montana Dinosaur Trail has been one the most outstanding sites about dinosaurs I have found yet. Click on any of the time line periods and you will find yourself discovering what dinosaurs were living at that time with where they were found in the state of Montana along with further reference sites you could find more information about that dinosaur.


Is anyone visiting the beautiful outdoors this summer? Do you remember Smoky the Bear? He’s changed over the years with some important information on fire and fire safety plans. This site offers a huge amount of staying safe procedures and what to do to prevent a wild fire from occuring in the outdoors to your home environment. Going through this site with your child/ren will benefit everyone on how to effectively stay safe yet having the best time exploring nature.

12. [http://smithsonianeducation.org/families/index.html](http://smithsonianeducation.org/families/index.html)

Smithsonian Education has a vast amount of resources for families, educators, and for students. You could search for lession plans from a variety of subjects, pre-school from all the way to the curiosity of the adult learner. Documents on the site can be uploaded and printed. This site offers you addiontional web resources for educational use to your specific interest.

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### Free Summer Events in San Diego County

- **San Diego Archaeological Center at Explore Mission Trails Day, Escondido**
  05/19/2012. A celebration highlighting everything Mission Trails has to offer.

- **Annual Inter-Tribal Pow Wow, Oceanside June 12th and 13th.** Hosted by the San Luis Rey Luiseno Mission Indians, this event draws tribal members from all over the S for contest dancing, Native American arts and crafts, games and food.

- **Julian Gold Rush Days 06/09/2012-06/10/2012.** Julian Gold Rush Days is a great opportunity to turn back the clock and give visitors an idea what Julian was like in its early days. It's entertainment for the whole family!

- **Put on your bathing suit, grab your towel and head to one of San Diego’s 70 miles of beaches, all open to the public, and perfect to body surf, play in the sand, collect seashells and bask in the sun.** As you contemplate the crashing waves, the magnificent blue Pacific provides you with a clearer mind, lighter heart and stronger spirit.
33rd Annual Fiesta del Sol, Solana Beach. An annual family and community event featuring stellar live music, an arts & crafts fair, children's activities, an international food court, and a beer & wine garden.

Attend La Jolla Concerts by the Sea on Sundays from 2-4 p.m. in the beautiful setting of picturesque La Jolla Cove. Bring your blankets and picnic baskets and enjoy live musical entertainment, from Pops to Big Band Swing to Dixieland Jazz. June 2 through September 8 at Scripps Park in La Jolla.

While at La Jolla Cove, stay around to see the magnificent sunset on the ocean and watch sea lions play along its shore. La Jolla Cove is one of the most spectacular natural settings in the world.

"Summer concerts in the park" are offered throughout San Diego County, including the 10th Alpine Summer Concert Series at 6 p.m. on select Sundays at 1834 Alpine Boulevard; Annual Coronado Promenade Concerts at 6 p.m. on Sundays at Spreckels Park; Annual Encinitas Sunday Concerts by the Sea from 3-5 p.m. on Sundays at Moonlight Beach; Annual Lemon Grove Concerts in the Park from 6:30-8 p.m. on Thursdays at Berry Street Park; Carlsbad Jazz-in-the-Park Series at 6 p.m. on Fridays in different park locations throughout Carlsbad; Chula Vista Music in the Park at 4 p.m. on Sundays at the Memorial Bowl Park; Santee Summer Concerts from 6:30-8 p.m. on Thursdays at Santee Trolley Square Amphitheater; Summer in the Park Concerts from 6-8 p.m. at Trolley Barn Park on Adams Avenue, and Twilight in the Park Summer Concerts from 6:15-7:15 p.m. on Tuesdays, Wednesdays and Thursdays at the Spreckels Organ Pavillion in Balboa Park.

Visit Seaport Village during the weekends for free entertainment and hours of leisurely strolling and window-shopping in the Village’s stores. Guests can also walk along the bay-front or sit in the grass and gaze at passing yachts and ships along San Diego’s beautiful Big Bay.

Stroll through the 16½-block historic Gaslamp Quarter in downtown San Diego and view the renovated turn-of-the-century Victorian architecture, home to antique stores and art galleries. Did you know that the Gaslamp Quarter was the stomping ground of Wyatt Earp?

Fly a kite along the grassy field in the Tecolote Shores of Mission Bay Park, a 4,600-acre aquatic park. Here, away from trees and overhead wires, friends and family gather to launch colorful kites into the high-flying bayside breezes.

Enjoy free organ concerts at 2 p.m. on Sundays and 7:30 p.m. on Mondays at the Organ Pavillion in Balboa Park. The Organ Pavillion features the world’s largest outdoor pipe organ, a San Diego landmark for 84 years, where organists resound traditional favorites, waltzes and showtunes from the organ’s monstrous 32-foot lead alloy pipes.

Visit Old Town, full of Mexican lore, to take free flamenco dance lessons or to stroll through the variety of international shops. Guests are also invited to wander free through Old Town’s historic buildings, including the blacksmith shop, the Seeley Stables, the Stewart House, the Estudillo House and the oldest schoolhouse in San Diego.
√ Bike or jog along Mission Bay Park’s many trails. Joggers and walkers share more than 20 miles of scenic running paths winding through sunlight and shade near the shoreline with workout courses at planned stations along the route.
√ Take free fly-fishing lessons on Sunday mornings from 9 a.m. to noon at Lake Murray, located in La Mesa. If you don’t have your own gear, arrive early for a free equipment loan.
√ Stargaze outside the Reuben H. Fleet Space Theater (Balboa Park) on the first Wednesday of every month for "Stars in the Park." The San Diego Astronomy Association sets up huge telescopes and offers guests a great view of our magnificent outer space.
  - Family Science Saturdays in the Tinkering Studio
    Reuben H. Fleet Science Center
    Price: Free with Admission
    Description: Family Science Saturdays in the Tinkering Studio will feature "Circuits" - can you complete the "Circuit Circuit?"
  - Echoes of the Past The Buddhist Cave Temples of Xiangtangshan
    San Diego Museum of Art
    Description: Majestic 6th-century Chinese Buddhist sculpture is combined with 21st century 3D-imaging technology in this exploration of one of the most important groups of Buddhist devotional sites in early medieval China.
√ Take a scenic, one-hour drive to Mt. Laguna for a hike, bike or picnic while enjoying the fresh mountain air whispering through the pines. Before making your way back to San Diego, stop at Julian to sightsee in this century-old gold mining town.
√ Have a picnic at Torrey Pines State Park and watch the talented hang-gliders do tricks along the coastline.
√ Rollerblade, skateboard or bicycle along the Mission Beach Boardwalk, a scenic 3-mile boardwalk along picturesque Mission and Pacific Beaches.
√ Visit Mission Trails Regional Park to explore the cultural, historical and recreational aspects of San Diego. The Park’s state-of-the-art Visitor’s Center boasts a 94-seat theater where guests explore and learn about the wonders of nature and the people who once lived on the land. The park also offers 40 miles of natural and developed hiking and biking trails.
√ Cheer on participants of the Rock ‘n Roll Marathon 2002 while listening to live bands lined along the 26.2-mile marathon route. The course begins at Balboa Park and ends at the Marine Corps Recruit Depot. June 2 beginning at 6:30 a.m.
√ Go scuba diving or snorkeling off San Diego’s shores to see spectacular creatures of the sea. La Jolla Cove offers some of the clearest waters on the California coast, as well as miles of protected underwater preserves to explore.
√ Don’t miss the La Mesa Flag Day Parade, featuring marching bands, floats and drill teams. The parade route begins at University Avenue and La Mesa Boulevard. June 9 beginning at 10:30 a.m.
√ Attend the 23rd Annual Ocean Beach Street Fair & Chili Cook-off, featuring more than 200 vendors, works by local artists, food, children’s area and entertainment on three stages. June 22 from 10 a.m. to 8 p.m.
√ Tour the tidelands of San Diego’s Big Bay and see the impressive public art sculptures, tributes and memorials all along the shoreline. These projects celebrate
San Diego’s international ties, cultural diversity, military significance and unique oceanfront environment.

√ Join the festivities at San Diego’s Fourth of July celebrations. Fireworks, festivals and patriotic parades are held in numerous communities throughout the county.

√ Don’t miss the Annual U.S. Open Sandcastle Competition in Imperial Beach. Hundreds of sand sculpting artists from around the country gather at the seashore to create magnificent works of art using only sand and water. The event also features a parade, children’s sandcastle contest and fireworks display. July 19-21 at the Imperial Beach Pier.

√ Celebrate San Diego’s rich jazz history at the San Diego Jazz Parade, featuring floats, live jazz performers and dancing in the streets. The parade route begins at Market Street and Columbia and ends at Market Street and 7th Avenue. July 20 beginning at 12 noon.

√ Late at night, just as the Spaniards run with the bulls, join San Diegans in running with the grunion on warm summer nights when the tide is high and the moon is full. Witness thousands of grunion swimming ashore to mate and bury their eggs in the sand before riding a wave back out to sea.

√ Watch the 49th Annual World Championship Over-the-Line Tournament San Diego’s most popular beach and softball event. July 20-21 beginning at 7 a.m. on Fiesta Island in Mission Bay.

√ Put on your jeans and cowboy boots and attend the Ramona Country Fair Days, featuring old-fashioned country fun, a parade at 10 a.m. on Saturday and lots of entertainment. August 1-4 on 5th Street and Aqua Lane in Ramona.

√ Go on a bird watching tour at the Torrey Pines State Reserve on Saturday and Sunday mornings. At the same time, feast your eyes on the dramatic cliffs overlooking the Pacific Ocean, deep valleys and majestic pine trees in this scenic 1,000-acre wilderness playground.

√ Bird watching is also featured at the Chula Vista Nature Center, located on the Sweetwater Marsh National Wildlife Refuge in South Bay. Guests can get an up-close look at burrowing owls, walk through an enclosed shore bird exhibit and observe birds and other wildlife on two bird-watching platforms.

√ Cheer on national and international youth soccer players at the 22nd Annual San Diego Surf Cup Soccer Tournament. This nationally-recognized amateur tournament draws players ages 10-18 from 30 states and several countries from around the world. July 27-29 and August 3-5 beginning at 8:30 a.m. at the San Diego Polo Club in Del Mar.

√ Gather your family, friends and firewood and have a cozy beach bonfire at one of the select beaches around San Diego County, including Coronado Beach, La Jolla Shores and Mission Beach.

- Project Home Front
  Coronado Visitor Center and Historical Association & Museum
  Location: Coronado
  Price: Free
  Description: A self-guided tour: The homes of Coronado aviators past and present are identified with a sign. Pick up a map and biographical information at the Coronado Visitors Visitor Center
√ Get up-close and personal with the San Diego Chargers as they train for the 2002 NFL football season at the Alex Spanos Training Facility on the campus of the University of California, San Diego (UCSD). Charger players often take time out of training to meet fans and sign autographs; training occurs from late July through August.

√ Take a walk around Balboa Park to discover its beautiful architecture. While visiting the Park, take advantage of the variety of free offerings, including 15 museums (select museums on Tuesdays), tours of the park, organ concerts (Sundays and Mondays) and spectacular gardens (seven of the eight are free on a regular basis).

√ Visit other museums around town that offer similar free days. In its La Jolla and downtown facilities, the Museum of Contemporary Art, San Diego is free on the first Sunday of each month.

√ Celebrate the Latin American culture at the 20th Annual Latin American Festival at Bazaar del Mundo in Old Town. The event features guest artists, demonstrations, entertainment and food booths. August 2-4.

- 3rd Annual Dia de los Museos
  San Diego Archaeological Center
  Location: Escondido
  Price: Free
  Description: The San Diego Museum Council is pleased to announce the third annual Dia de los Museos event hosted by the Sherman Heights Community Center.

√ Take free fly-fishing lessons on Sunday mornings from 9 a.m. to noon at Lake Murray, located in La Mesa. If you don’t have your own gear, arrive early for a free equipment loan.

√ Watch international and U.S. body surfers, equipped with only a pair of swimming fins, ride and perform on ocean waves during the 26th Annual World Body Surfing Championships. August 16-18 from 7 a.m. to 6 p.m. at the Oceanside Pier.

√ Join the festivities at the Cabrillo National Monument to celebrate the 86th anniversary of National Park Service Founder’s Day. The celebration offers guests a rare opportunity to get an up-close view of the Fresnel lens and a spectacular view of the city skyline from the catwalk on the Old Point Loma Lighthouse tower. This is one of two days during the year when entrance into the park is free. August 25.

√ While in Point Loma, explore the tidepools when the tide is low and the pools are visible to see some of the magnificent creatures of the sea. Point Loma tidepools are located just short of the tip of Cabrillo Point.

√ Don’t miss the Barona Pow Wow at the Barona Community Center, located on the Barona Indian Reservation in San Diego’s East County. The event features food, Indian dancing and arts and crafts. August 30-September 1.

√ For more Pow Wow excitement, attend the Traditional Gathering and 13th Annual Pow Wow at the Sycuan Indian Reservation. The Sycuan Band of Kumeyaay Nation’s Traditional gathering features Indian song, dance, arts, crafts and food. September 6-8 from 12 noon to 12 midnight.
√ Cheer on participants or compete yourself in the 2002 La Jolla Rough Water Swim, the largest competition of its kind in the country. The event takes place at La Jolla Cove, with events beginning at 9 a.m. September 9.
√ Take a scenic drive to San Diego’s North County, the heart of the South Coast’s wine country, for free wine tasting at the Bernardo Winery. From 9 a.m. to 5 p.m. daily.
√ Take a drive to the top of Mt. Soledad in La Jolla for breathtaking, 360-degree views of San Diego, including the gently curving La Jolla coastline and Mission Bay. Other spectacular views await guests at the top of Mt. Helix, offering magnificent 360-degree views of San Diego’s East County communities.
√ Visit Anza-Borrego Desert State Park and experience the heat and natural beauty of the desert. The 600-acre park is one of the largest state parks in the United States.

Low-cost Events

√ Penumbra: An Ode to Oceanside in a Time of War Through 6/03/2012
   Oceanside Museum of Art
   Price: $8
   Description: Penumbra is a simple gesture from Oceanside artist Geoffrey Cunningham, created as an ode to his hometown in a time of war. The work reflects upon a city living in the grey areas of conflict, unable to deny, and unwilling to accept, always somewhere between light and dark.

√ Spring Whale Watching Gray Whale Migration Through 6/11/2012
   A Whale Adventure-Newport Landing Whale Watching
   Price: $15
   Description: Spring is great season for whale watching with the gray whale migration in full swing bringing thousands of grey whales along Southern California coastline.

√ Blue Whale Migration Summer 2012 Through 07/15/2012
   A Whale Adventure-Newport Landing Whale Watching
   Price: $15 Adults
   $15 Juniors (12 to 3 years)
   Description: During the blue whale migration, thousands of giant blue whales migrate into southern California waters feeding on huge quantities of krill.

√ A Fantastic Voyage - The Art of Ynez Johnston Through 6/17/2012
   Mingei International Museum
   Location: Downtown
   Price: $5-$8
   Description: A Fantastic Voyage - The Art of Ynez Johnston will survey six decades of the artist’s wood and bronze sculptures, paintings, prints and ceramics from the 1940s to 2010, including recent works that have never publicly been shown.

√ Washed Ashore: Plastics, Sea Life & Art (Seasonal Exhibit) Through 9/03/2012
   Living Coast Discovery Center
   Location: Chula Vista
Price: Admission
$14 Adults (18-64)
$9 Children (4-17)
Free Children (0-3)
$9 Seniors (65+)
$9 Students (18+ w/ID)
Military Discount- 20% discount
Description: This community art project turns the ugly reality of ocean trash into beautiful sculptures of the marine life we strive to save, inspiring us all to re-think our use of plastics and change our habits.

√ Titanic: The Artifact Exhibition Through 9/09/2012
San Diego Natural History Museum
Location: Balboa Park
Price: $12-$27
Description: The story of the sinking is legendary; now experience the wonder and tragedy of the ill-fated "ship of dreams" on a journey through Titanic history.

√ Hotel del Coronado Historic Walking Tour Through 12/31/2012
Coronado Visitor Center and Historical Association & Museum
Location: Coronado
Price: $15
Description: 90 minute walking tour of the historic Hotel del Coronado, led by docents from the Coronado Historical Association.

√ Coronado Heritage Walk Through 6/16/2013
Coronado Visitor Center and Historical Association & Museum
Location: Coronado
Price: $10
Description: 90 minute docent-led walking tour of the historic heart of Coronado.

√ Marcia Ball - Blues Singer and Pianist 5/19/2012
Anthology
Location: Downtown
Price: $10-$46
Description: Marcia Ball is famous for her smoldering brand of swampy R&B, jumping blues and heart-wrenching ballads.

√ Pirate Days with Pirate Ship Adventures 5/19/2012 - 05/20/2012
Pirate Ship Adventures
Location: Harbor Island
Price: $17.50-$27.50
Description: Aye, join the crew for a one of a kind "Lost Treasure Excursion" aboard the Pirate Ship Treasure Seeker.

√ The Sound of Sax: Celebrating the Saxophone 5/19/2012 - 11/30/2012
Museum of Making Music
Location: Carlsbad
Price: $5-$8
Description: This special exhibition explores this story of the saxophone from its birth, setbacks and its eventual acceptance by musicians, listeners and composers. It challenges us to consider how something new becomes entrenched in our world, our experience and our musical lives.

√ Birch Aquarium at Scripps - Half-Off Admission 5/20/2012
Birch Aquarium at Scripps
Location: La Jolla
Price: $0-$14
Description: Birch Aquarium at Scripps celebrates its 20th anniversary in 2012 with a special gift for San Diego County residents: Half-off admission on the 20th of every month through our anniversary month in September.

√ IMAX En Español - "Born to be Wild" 5/20/2012
Reuben H. Fleet Science Center
Location: Balboa Park
Price: $12.75-$15.75
Description: See an IMAX Film with the Soundtrack entirely in Spanish! "Born to be Wild" is an inspiring story of love and dedication, and the amazing bond between humans and animals.

√ San Diego County Fair 6/08/2012 - 7/04/2012
Del Mar Fairgrounds/22nd. D.A.A.
Location: Del Mar
Price: Adults: $13.00
Ages 62 and older: $7.00
Ages 6-12: $7.00 (free on Tuesdays)
Ages 5 and younger: Free
Description: The annual county fair features outlandish foods, garden shows, livestock tents and a midway complete with carnival rides and concerts held throughout the beautiful Del Mar Fairgrounds in oceanfront Del Mar.

√ 6th Annual Summer's Past in the San Pasqual Valley 6/09/12
San Diego Archaeological Center
Location: Escondido
Price: Members - Free
Suggested donation - $2/person or $5/family
Description: Discover how we are preserving what is best about San Diego's natural and cultural resources, history and that hometown feeling.

√ San Diego Youth Symphony and Conservatory Spring Showcase Concert 6/10/12
San Diego Youth Symphony and Conservatory
Price: $10-$35
Description: The San Diego Youth Symphony and Conservatory's young music students present diverse repertoire of classical music by great composers.

√ KidsFest San Diego 6/09/12- 6/10/12
KidsFest San Diego
Location: Point Loma
Price: $18
Description: KidsFest is San Diego County's largest hands-on, creative festival for children and their families.

Print Out these resources:
http://www.kidsfestsandiego.com/

http://www.sdmrm.org/

http://www.sdmaritime.org/pirate-days/

http://www.pirateshipadventures.com/adventure_voyages

Stretch That Dollar! Restaurants where Kids Eat Free!

In these tough times when anything free is slowly becoming extinct, with everyone working harder and the economy struggling, there are still a group of restaurants dedicated to serving free meals to kids. Most of these places offer free food to kids with some restrictions, particularly the age of the child, specific days and the ratio of purchasing adults to the number of kid's meals required. Restaurants at various locations may not offer these free specials or may present some kind of variation on different days. As these offers are subject to change, be sure to verify the information before planning a trip.

Things change. That’s why we’ve included phone numbers and Websites when available. Since most activities require advance reservations or have limited space, please call first to confirm dates, times and admission prices.

Al's Cafe in the Village
Phone: 760-729-5448

795 Carlsbad Village Drive
Carlsbad, California 92008

Kids Meal Special(s) Available on: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday: one kid 10 & under eats FREE per adult meal purchase!
**Bennigan’s**
1760 Camino Del Rio N., Mission Valley
[www.bennigans.com](http://www.bennigans.com); 619-291-8853
Free kid’s meal with paid adult entrée Tuesday nights after 4 p.m.

**Blendz**

Phone: 760-724-7007

4225 Oceanside Boulevard Ste. B
Oceanside, California 92056

Kids Meal Special(s) Available on: Friday

All day Friday, purchase an adult full-sized combo and get a free kid's meal with smoothie.

**Borelli’s Pizza & Italian Food**

Phone: 760-436-1501

285 North El Camino Real
Encinitas, California 92024

Kids Meal Special(s) Available on: Monday one FREE kid's meal per adult entree purchase!

**Carrow’s**
[www.carrow.com](http://www.carrow.com); 619-424-6881
Kids (10 and under) eat free with purchase of each adult entrée on Wednesdays and Thursdays after 4 p.m.

**Casa De Reyes**
2754 Calhoun St., Old Town
619-220-5040
Kids eat free on Mondays with purchase of each adult entrée.

**Chevy’s**
(all locations currently participating)
Carmel Mountain, Del Mar, Mission Valley
[www.chevys.com](http://www.chevys.com); 858-675-9292
All-day Tuesdays, children (12 and under) eat free with purchase of an adult entrée.

**Cheesecake Factory**
[www.thecheesecakefactory.com](http://www.thecheesecakefactory.com)
7067 Friars Rd., Mission Valley. 619-683-2800
2015 Birch Rd., Chula Vista. 619-421-2500
Free infant snack any day of the week.

**Chick-Fil-A**
Get a free kid’s meal with adult meal purchase on Tuesdays from 5-8 p.m.

**Chicken Pie Diner**
14727 Pomerado Rd., Poway
[www.chickenpiediner.com](http://www.chickenpiediner.com); 858-748-2445
Free kid’s (10 and under) meal and drink on Tuesdays with an adult entrée and drink purchase.

**Coco’s**
13 locations throughout San Diego County.
[www.cocosbakery.com](http://www.cocosbakery.com); 858-485-9419
Free kid’s meal (10 and under) on Tuesdays and Wednesdays after 4 p.m. with each adult entrée purchase.

**Denny’s**
16 locations throughout San Diego County
[www.dennys.com](http://www.dennys.com); 760-743-0920
Free kid’s meal (days differ by locations) from 4–10 p.m. with each adult entrée.

**El Torito**
2693 Vista Way, Oceanside, CA (760) 439-5407 Saturday
8 locations throughout San Diego County
[www.eltorito.com](http://www.eltorito.com); 858-485-1905
Kids (12 and under) from kid’s menu with each adult entrée on Wednesdays.

**Hooley’s Irish Pub**
[www.hooleys.com](http://www.hooleys.com)
2955 Jamacha Rd., El Cajon. 619-670-7468
5500 Grossmont Center Dr., La Mesa 619-713-6900
Kids (12 and under) on Wednesday, get one free meal with purchase of an adult entrée.

**IHOP**
2258 Otay Lakes Road, Chula Vista
[www.ihop.com](http://www.ihop.com); 619-656-7780
Free kid’s meal with adult entrée purchase on Tuesdays and Wednesdays after 3 p.m.

**Islands**
[www.islandsrestaurants.com](http://www.islandsrestaurants.com); Multiple locations.
Free kid’s meal with adult entrée. Call for days and details.

**Leucadia Pizzeria & Italian Restaurant**
7748 Regents Rd., La Jolla
Kids eat free Sundays with the purchase of adult entrée.

**Luna Grill**

Phone: 760-438-5862

2681 Gateway Road
Carlsbad, California 92009

Kids Meal Special(s) Available on: Sunday 4pm-close: one FREE kid's meal per adult entree purchase! (maximum two)

**Marie Callender's**

Six locations in San Diego County

515 W 13th AveEscondido (760) 741-3636

Tuesdays and Saturday
[www.mariecallenders.com](http://www.mariecallenders.com); 858-675-942
Kids 12 and under eat free on Tuesdays and Saturdays with each paid adult entrée.

**Pat & Oscar’s**

[www.patandoscars.com](http://www.patandoscars.com)
Kids 12 and younger get a kid’s meal (pasta, pizza or chicken) with adult purchase of $5 or more all day Tuesday.

**Q Restaurant & Sports Bar**

Phone: 760-757-7070

2725 Vista Way
Oceanside, California 92054

Kids Meal Special(s) Available on:

Tuesday: one FREE kid's meal per adult entree purchase!

**Ruby’s Diner**

1 Oceanside Pier, Oceanside (760) 433-7829 Tuesday

5630 Paseo Del N., Carlsbad (760) 931-7829 Tuesday
Stadium Sports Bar & Restaurant

Phone: 760-944-1065

149 S. El Camino Real
Encinitas, California 92024

Kids Meal Special(s) Available on: Sunday Family Movie Nights 7PM: kids eat FREE with adult entree purchase!

Tony Roma’s

1020 W. San Marc...San Marcos (760) 736-4343 Tuesday

The Brew House
871 Showroom Pl., Ste. 102, Chula Vista
www.brewhouseeastlake.com; 619-656-2739
Kids (12 and under) eat free with each adult entrée Mondays and Tuesdays with Leo from Cruzzing Balloons.

Wings Pizza N Things

Phone: 760-631-4700

4225 Oceanside Boulevard
Oceanside, California 92056

Kids Meal Special(s) Available on:

Tuesday: one FREE kid's meal per adult entree purchase!

Yokoz Sushi Bar & Islander Grill
945 Otay Lakes Rd., Chula Vista
619-482-0134
Kids eat free on Tuesdays with the purchase of an adult entrée.

Zio’s
2940 El Cajon Blvd., North Park
www.ziosinnorthpark.com; 619-280-9467
Kids eat free on Tuesdays, Wednesdays and Thursdays with coupon (available on the website).
Farmers Market in San Diego County

Carlsbad Village Farmers' Market and Food Fair

Wednesday: 1 pm-5 pm  
Saturday: 1 pm-5 pm

Roosevelt St between Grand Ave and  
Carlsbad Village Dr, Carlsbad, California 92008

Manager: Christy Johnson  
Phone: (760) 687-6453

Coronado Certified Farmers' Market

Tuesday: 2:30 pm - 6 pm

1st & B.- Ferry Landing  
Coronado, California 92118

Manager: Mary Hillebrecht  
Phone: (760) 741-3763

Encinitas Station Certified Farmers' Market

Wednesday: 5-8 pm (Summer), 4-7 PM (Winter)

620 Vulcan, corner of Vulcan and E Street in the parking lot of the Pacific Station Amtrak  
Coaster stop  
Encinitas, California 92024

Manager: Raquel Pena  
Phone: (858)922-5135

Del Mar Farmers' Market and Food Court

Saturday: 1 - 4 pm

1050 Camino Del Mar (Between 10th & 11th Streets)  
Del Mar, California 92014

Manager: Estela Maciel  
Phone: (760)586-0373  
Website: www.delmarfarmersmarket.org

Welk Certified Farmers' Market Place (Escondido)
Monday: 1 -5 pm Winter, 3-7 pm Summer

8860 Lawrence Welk Dr
Escondido, California 92026
**Manager:** Lorrie Scott  
**Phone:** (760) 751-4193

Escondido Certified Farmers' Market

Tuesday: 3:30 pm-7 pm May-Sept  
(2:30 pm - 6 pm October-April)

E, Grand & Juniper  
Escondido, California 92025  
**Manager:** Marie Pegram  
**Phone:** (760) 745-8877

**Website:** downtownescondido.com/farmers.html

Fallbrook Certified Farmers Market

Friday: 10 am -2 pm

102 S. Main St (Corner of Main and Alvarado)  
Fallbrook, California 92028

**Manager:** Jeannie Hathaway  
**Phone:** (760)-390 9726

Julian Certified Farmers' Market

Sunday: 11 am -4 pm

Located between The Bead Shop and the Wynola Farms Marketplace  
4470 Hwy 78  
Julian, CA 92036

**Manager:** Albert Lewis  
**Phone:** (760) 885-8364

Leucadia/Encinitas Farmers' Market and Art Fair

Sunday: 10 am -2 pm
Paul Ecke Elementary-185 Union St (cross street Vulcan)
Encinitas, California 92024

Manager: Ron La Chance
Phone: (858)-272-7054

La Jolla Farmers' Market

Sunday: 9 am - 1 pm

Girard & Genter- SW corner of La Jolla Elementary School
La Jolla, California 92037
Manager: Nicolina Alves
Phone: (858) 454-1699
Website: www.lajollamarket.com/

Ocean Beach Certified Farmers' Market and Wednesday Night Out

Wednesday: 4 pm - 7 pm (January - March)
5 pm - 8 pm (April - December)

4900 blk of Newport Between Cable & Bacon
Ocean Beach, California 92107

Manager: David Klaman
Phone: (619) 279-0032
Website: www.oceanbeachsandiego.com/

Oceanside Certified Farmers' Market & Faire

Thursday: 9 am - 1 pm

Pier View Way & Coast Hwy 101
Oceanside, California 92054

Manager: Suzanne Bendixen
Phone: (619) 440-5027

Oceanside Sunset Market

Thursday: 5 - 9 pm

Tremont and Pier View Way
Oceanside, California 92054

Manager: Cathy Nykiel
Phone: 760-754-4512 x103  
Website: www.msoceanside.com

Pacific Beach Certified Farmers' Market

Saturday: 8 am - Noon

4150 Mission Blvd between Reed & Pacific Beach Blvd 
Pacific Beach, California 92109

Manager: Mary Hillebrecht  
Phone: (760) 741-3763

Point Loma Certified Farmers Market

Sunday: 9:30 am - 2:30 pm

2900 Block of Cannon St, between Rosecrans & Shafter 
San Diego, CA 92106

Accepts EBT, Credit
Manager: Brian Beevers  
Phone: (619) 795-3363

Poway Farmers' Market and Faire

Saturday: 8 am - 11:30 am

14134 Midland Rd. cross street Temple 
Poway, California 92074

Manager: Suzanne Bendixen  
Phone: (619) 440-5027  
Website: http://www.poway.org/Index.aspx?page=540

Rancho Bernardo Certified Farmers' Market & Specialties - Bernardo Winery

Friday: 9 am - Noon

13330 Paseo Del Verano Norte 
San Diego, California 92128

Manager: Michael Manchor  
Phone: (760) 500-1709

North San Diego (Sikes Adobe) Certified Farmers Market
Sunday: 11 am-4 pm (10 am-3 pm Winter)
Wednesday: 11 am - 2 pm

Accepts EBT, Credit

12655 Sunset Dr
Escondido, CA 92025
**Manager:** Claire Winnick (858) 735-5311

Website: [http://www.northsdfarmersmarket.com/](http://www.northsdfarmersmarket.com/)

San Diego - Gaslamp - Third Ave Certified Farmers' Market and Asian Bazaar

Sunday: 9 am -1 pm

400 block of Third Ave between Island Ave & J St.
San Diego, California 92101

**Manager:** David Klaman & Diem Do
**Phone:** (619) 279-0032
San Diego - Little Italy Mercato

Saturday: 9 am - 1:30 pm

Date Street-India to Columbia -North Side
San Diego, California 92101
**Manager:** Catt White
**Phone:** (619) 233-3769
Website: [www.littleitalymercato.com](http://www.littleitalymercato.com)

San Diego - Mission Hills Certified Farmers' Market

Wednesday: 3 pm - 7 pm

W Washington St & Falcon St
San Diego, CA 92103

**Manager:** Brian Beevers
**Phone:** (619) 795-3363

San Diego - North Park Farmers' Market

Thursday: 3 pm - 7 pm

Herman street between University and North Park Way
San Diego, California 92104
Manager: Catt White  
Phone: (619) 233-3769  
San Diego - Pacific Highlands Certified Farmers' Market  
Opening May 17  
Thursday: 3:30 - 7 pm  
San Diego - Scripps Ranch Farmers' Market  
Saturday: 9 am - 1 pm

**Corner of Scripps Poway Pkwy & Spring Canyon Rd**  
10380 Spring Canyon Rd  
San Diego, CA 92131

Manager: Bev Cassity  
Phone: (858)-586-7933  
Website: [www.srfm.org](http://www.srfm.org)

San Diego - Southeast San Diego Peoples Produce Certified Market  
Friday: 2 - 6 pm  
4981 Market St  
(just west of the Euclid Trolley station)  
San Diego, CA 92102

Manager: Diane Moss  
Phone: (619) 262-2022  
Accepts EBT, WIC  
Website: [projectnewvillage.org](http://projectnewvillage.org)

San Diego - UTC Certified Farmers Market  
Thursday: 3 pm - 7 pm  
Westfield UTC Mall on Genesee near Macys  
9001 Genesee Avenue, San Diego, CA  
San Diego, California 92122

Accepts EBT, Credit
Manager: Brian Beevers  
Phone: (619) 795-3363  
San Marcos - Cal State San Marcos  

Wednesday: 3 p m - 7 pm (summer hours)  
Sunday: 10 am - 2 pm (opens June 3)  

333 S.Twin Oaks Valley Rd.  
San Marcos, CA 92096-0001  
Parking Lot "B"  
Accepts EBT, Credit & Debit  
Manager: Mallory Cochrane  
Phone: (619) 534-1738  
Email: mallory@sdfarmbureau.org  

Solana Beach Farmers' Market  
Sunday: 1 pm - 5 pm  
410 S. Cedros Ave  
Solana Beach, California 92075  

Manager: Sean Macleod  
Phone: (858) 755-0444  
Website: cedrosdesigndistrict.net  

Vista Farmers Market  
Saturday: 8 am - Noon  
County Courthouse 325 S. Melrose Drive, Vista  
(just South of Highway 78), Vista, California 92081  

Manager: Mark Wall  
Phone: (760) 945-7425  
Website: vistafarmersmarket.com  

By Ms. Shioban