

SENIOR NUTRITION & FOOD RESOURCES GUIDE

2024 EDITION



SENIOR INFORMATION & ASSISTANCE PROGRAM



Alameda County, Area Agency on Aging
Dept. of Adult & Aging Services
Alameda County Social Services Agency
6955 Foothill Boulevard, Suite 143
Oakland, CA 94605
Phone: 800-510-2020 or 510-577-3530
Website: <https://seniorinfo.acgov.org>

Alameda County

Senior Nutrition & Food Resources

This guide is a reference guide (primarily for older adults and those working with older adults in Alameda County) for those who wish to learn about food and nutrition programs in Alameda County and how to develop healthy nutrition habits.

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Note: Every effort is made to keep this information current. The Alameda County Area Agency on Aging assumes no responsibility for errors or omissions in compiling this information.

Area Agency on Aging, Senior Information & Assistance Program staff are available to answer your phone calls Monday -Friday, from 8:30am to 5:00pm; 510-577-3530 or 1-800-510-2020.

General Food Information

Alameda County Community Food Bank

The primary purpose of the Alameda County Community Food Bank is to mobilize and distribute food throughout Alameda County. The Food Bank does this by partnering with **food pantries, hot-meal programs, senior centers, shelters, and other non-profits** to dispense hot meals and groceries, addressing the immediate nutritional needs of the community.

To find a location to pick groceries or a hot meal, call the **Food Helpline at 510-635-3663** (or visit: <https://foodnow.net> or <https://comidaahora.net/es>).

CalFresh (Food Stamps)

CalFresh, formerly known as food stamps, is a Supplemental Nutrition Assistance Program (SNAP), a nutrition program that helps individuals and families stretch their food budgets and afford healthy food. The program uses a debit card format called Electronic Benefit Transfer (EBT) to purchase food at retail stores and farmers' markets. To be eligible, you must meet income and resource limits. As of 2019, SSI recipients are eligible for CalFresh, and any senior with a low income (below or equal 200% poverty) is eligible.

For more information or to apply for CalFresh, contact the Alameda County Social Services Agency (locations below) or the **Alameda County Community Food Bank: 510-635-3663 ext. 2**.

Alameda County Social Services Offices (www.alamedacountysocialservices.org):

- **Thomas L. Berkley Square**
2000 San Pablo Avenue, Oakland
510-891-0700
- **Eastmont Self-Sufficiency Center**
6955 Foothill Boulevard, Suite 100, Oakland
510-383-5300
- **Enterprise Self-Sufficiency Center**
8477 Enterprise Way, Oakland
510-639-1090
- **Gail Steele Multi-Service Center (formerly Eden Area)**
24100 Amador Street, Hayward
510-670-6000
- **Fremont Office**
39155 Liberty Street, Suite C330, Fremont
510-795-2428
- **Livermore Self-Sufficiency Center**
2499 Constitution Drive, Livermore
925-455-0747

Groceries

Mercy Brown Bag

The Mercy Retirement & Care Center's Brown Bag Program provides a bag of supplemental groceries twice a month, free of charge, to Alameda County residents who are 60 years and older and have incomes less than 232% of the federal poverty line. **The bags are distributed at several senior centers, senior housing sites and churches throughout Alameda County.** Normally the bags consist of bread, milk, fresh produce, assorted canned foods & other items depending on availability. Seniors must pick up food themselves or send someone on their behalf. **To register and for pick-up site locations, call: 510-269-9640.**

Alameda County Community Food Bank

The local food bank provides USDA (Dept. of Agriculture) groceries throughout several sites in Alameda County. Most distribution sites are through the local faith community. **Call the Food Helpline for the site nearest you at 510-635-3663 (FOOD).**

City of Alameda Food Bank (serves City of Alameda residents only)

Food distribution and mobile food pantries, call 510-523-5850 or schedule a shopping appointment online: <https://www.alamedafoodbank.org>.

Project Open Hand, Oakland Office

Through the Project Age Well program, Alameda County residents, age 60 and older may be eligible to receive healthy, medically tailored prepared meals and groceries once a week for 16 weeks. For more information, call 510-622-0221 or visit website: <https://www.openhand.org>.

Tri-City Volunteers (serves Newark, Fremont, Union City residents)

Emergency Food Baskets, food distribution and mobile pantry.
For more information call: 510-793-4583 or visit website: <https://www.tri-cityvolunteers.org>.

Local Senior Centers

Contact your local senior center to find out if they offer groceries for their constituents. **Call the Area Agency on Aging, Senior Information & Assistance Line: 1-800-510-2020 or 510-577-3530.**

Farmers' Markets

For the latest information about farmer's market sites in Alameda County which accept EBT CalFresh, go here: <https://ecologycenter.org/fmfinder> or contact the Senior Information & Assistance program at 510-577-3530 / 1-800-510-2020.

Restaurant Meals Program

The Restaurant Meals Program allows CalFresh recipients who are homeless, seniors (age 60 or over), and/or individuals with disabilities to use CalFresh benefits to purchase prepared meals at participating restaurants using their Electronic Benefits Transfer (EBT) card. Local fast-food restaurants participating in the service will display a sign on their door or window indicating they are a Restaurant Meals Program location. For more information call: 510-263-2420.

Nutrition Resource Lists

Alameda County Public Health / Nutrition Services: 510-268-4220

Provides nutrition support and resources on healthy eating and physical activity to reduce chronic disease and improve long-term health; For a list of Farmers' Markets in Alameda County Website: www.healthylivingforlife.org.

Community Meal Programs

Hot meals open to all ages, free of charge.

St. Vincent de Paul of Alameda County

675 - 23rd Street, Oakland 94612

510-638-7600; Website: www.svdp-alameda.org

Salvation Army Center – Hayward Corps.

430 A Street, Hayward 94541

510-581-6444; Website: <https://hayward.salvationarmy.org>

Sacked Lunch: Monday-Friday, 12:30pm-2:00pm & Dinner: Sunday Evenings, 4:00pm

Open Heart Kitchen

4444 East Avenue, Livermore 94550

925- 580-1616; Website: <https://www.openheartkitchen.org>

Monday-Friday, 1:15pm-3:00pm; Dine-in or take-out.



Senior Group Dining

During the pandemic, group dining sites shifted their operations to Take-Away meals. As restrictions have been lifted, all group dining sites have reopened for in-person dining. Call your local site for their current meal options.

Several sites serve meals Monday through Friday; however, some locations have different schedules. **Contacting the site in advance to sign-up is a must.** Many require a reservation of at least 48-72 hours in advance. There may be a suggested donation for the meals, no one is turned away if they are unable to pay.

If you would like more information about how to enroll, contact the program or the meal site directly. The site locations for senior meal program sites are listed below, by city. If you have trouble connecting with your local program, call Senior Information & Assistance at 800-510-2020.

NORTH COUNTY

Alameda

*Mastick Senior Center (M-F): 510-747-7510

Albany

*Albany Senior Center (T-F): 510-524-9122

Berkeley

*North Berkeley Senior Center (W & F): 510-981-5190

*South Berkeley Senior Center (T & Th): 510-981-5170

Emeryville

*Emeryville Senior Center (T-F): 510-596-3730

*J-Sei (M, W -F): 510-654-4000 ext.105

Oakland

* Downtown Oakland Senior Center (M-F): 510-238-3284

East Oakland Senior Center: 510-615-5731

Fruitvale/San Antonio Senior Center: 510-535-6123

Hong Lok Senior Center (7th & 11th St. sites): 510-763-9017

* North Oakland Senior Center: 510-597-5085

* St. Mary's Center (M-W, F): 510-923-9600

Vietnamese American Community Center of the East Bay (T-F): 510-891-9999

CENTRAL COUNTY

Hayward

*Glad Tidings (M-F): 510-783-9377

CENTRAL COUNTY continued

*Hayward Senior Center (M-F): 510-881-6766

*Josephine Lum Lodge (M-F): 510-785-1997

San Leandro

*San Leandro Senior Community Center: 510-825-9793

San Lorenzo

Eden Japanese Center (M-F)- Email: edenjapanesecc@gmail.com

EAST COUNTY

Dublin

*Dublin Senior Center (M-F): 925-500-8241

Livermore

*Livermore Community Center (M-F): 925-500-8241

Pleasanton

*Pleasanton Senior Center: 925-500-8241

SOUTH COUNTY

Fremont

Age Well Center - Lake Side (M-F): 510-790-6600

Age Well Center – Bay Side (M-F): 510-742-7540

Union City

*Ralph & Mary Ruggieri Center: 510-675-5497

Older Americans Act meal program sites (*) provide meals under provisions of the Older Americans Act; thus, persons aged 60 and older are eligible (payment may be required for people under 60). Participants are encouraged to make a suggested donation but are not turned away for lack of ability to make a donation. Meal programs at the centers not checked with an asterisk may require a fee, and different age limits may apply.

Home Delivered Meals

There are several home-delivered meal programs in Alameda County. They deliver meals to seniors who are homebound and are unable to provide for themselves. These programs provide temporary support until you are able to provide for yourself. Eligibility for services is reassessed periodically.

Hot meals are provided Monday through Friday. A few programs have meals available for Saturday and Sunday. There is a suggested donation, however services will not be denied if you are unable to make a contribution.

The programs available for home delivered meals are listed below. Call your local program for more information.



North County

Alameda (City) - *Alameda Meals on Wheels*: 510-865-6131

Albany: 510-524-9124

Berkeley: 510-981-5250

Emeryville: 510-596-4309

Oakland, Piedmont - *SOS Meals on Wheels*: 510-460-5855 ext. 118

Central County

Hayward, Castro Valley, San Leandro, San Lorenzo - *SOS Meals on Wheels*: 510-582-1263 ext. 118

South County

Fremont, Newark, Union City – *SOS Meals on Wheels*: 510-582-1263 ext. 118

East County

Livermore - *Spectrum Community Services*: 510-881-0304

Dublin, Pleasanton, Sunol - *Spectrum Community Services*: 510-881-0305

*Homebound and critically ill non-seniors may call Project Open Hand at 510-622-0221. Qualification is based on primary diagnosis and symptoms.

Eat Well & Stay Healthy

Many older adults have trouble eating well because of various reasons. The following ideas may help you to do something about it.

If you have trouble chewing...

Because of tooth loss, gum problems, and/or ill-fitting dentures, older adults tend to eliminate certain food groups such as meats and fresh vegetables and fruits, and thus poor nutrition may follow.

What to do:

Try these foods to obtain nutrients:

- Ground meat; scrambled eggs
- Milk, cheese, yogurt, and foods made with milk, such as pudding and cream based soups
- Fruit juices; canned fruits, such as applesauce, peaches, and pears
- Vegetable juices; creamed or mashed cooked vegetables
- Cooked cereals; rice; bread pudding; soft cookies

If you have an upset stomach...

Too much gas and other stomach problems may make you stay away from foods, especially milk, you think cause the problem. This means you could be missing out on important nutrients, such as vitamins, calcium, fiber, and protein.

What to do:

- In general, cooked foods that contain milk may not bother you. Try cream soups, pudding, yogurt, and cheese.
- Avoid eating vegetables that cause gas such as beans, cabbage, and broccoli.
Try other vegetables, such as green beans, carrots, and potatoes, as well as vegetable juices.

If foods have no taste at all...

Taste and smell sensitivities tend to diminish with age and may make eating less enjoyable. Sometimes due to the medications, many older adults may find their foods to have no flavor or taste bad.

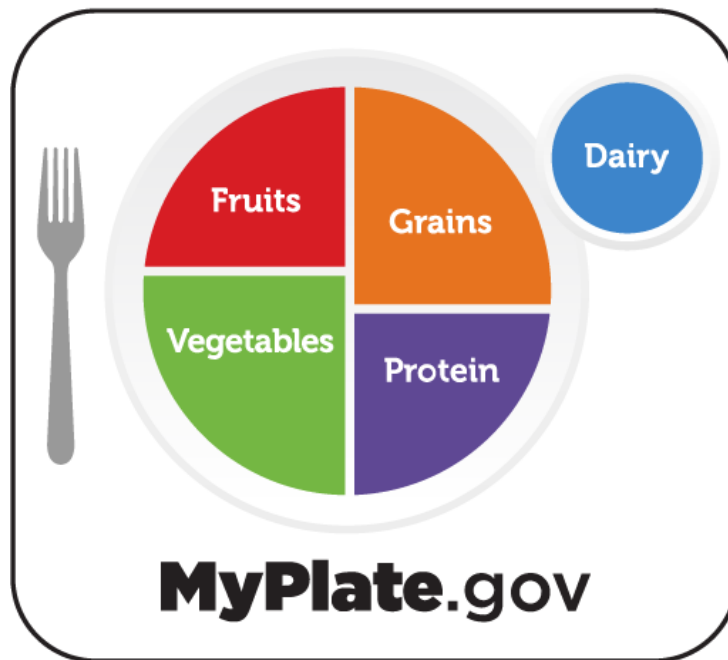
What to do:

- Increase the flavor of food by adding herbs and spices. Here are some common herbs and spices and the foods they complement.
 - ❖ **Basil** – green beans, potatoes, tomato dishes
 - ❖ **Cilantro** – soups, stews, marinades
 - ❖ **Rosemary** – mushrooms, summer squash, poultry, fish
 - ❖ **Sage** – peas, zucchini, eggs, fish, beef

MyPlate Guide for Americans

In general, older adults are careful about what they should eat. But dietary recommendations from the government can be a bit complicated and confusing. The new guidelines for balanced nutrition from the United States Department of Agriculture (USDA) are simplified to allow for more flexibility in food choices and to make dietary recommendations more understandable.

Aim for about 1/2 of your plate as fruits and vegetables, about 1/4 of your plate as whole grains, and about 1/4 of your plate as protein foods. Include a glass of low-fat or non-fat milk, a slice of cheese or a cup of yogurt with that and you will have created a wonderfully balanced meal!



Older adults need to pay particular attention to making sure their food choices are nutrient-dense. Don't waste Calories by eating foods that have little nutritional value. Limit sodium by limiting processed foods. **Seniors also need to drink plenty of fluids, usually about 8 glasses a day. Most seniors will need supplemental Vitamin D and Vitamin B-12.**

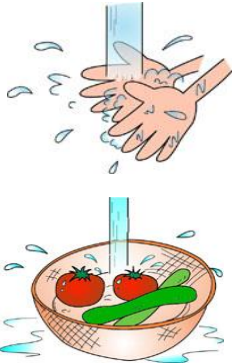
Aging requires that we should remain as physically active as possible. Strength training at least twice weekly and doing stretching and flexibility exercises as well as aerobic exercise 3-4 times a week are all crucial to good health. Start slowly and build up your muscles. The benefits are wide-ranging, and the results are seen surprisingly fast!

4 Keys to Keep Food Safe

Older adults, along with young children, pregnant women, and people with impaired immune systems, are more vulnerable to **foodborne illness**. As we age, our immune system weakens making it harder to fight off bacteria and diseases. Also, we have less stomach acid to control harmful bacterial growth in our intestines as we get older. Infections from foodborne illness can be difficult to treat and can reoccur. Further, diabetes, kidney diseases, and some cancer treatments may even add to the risk of getting sicker from food poisoning.

However, the good news is that **FOODBORNE ILLNESS CAN BE PREVENTED** if we follow proper food safety practices. Older adults can protect themselves by practicing the following simple food safety guidelines at home:

Key 1: KEEP CLEAN



- Wash your hands properly with soap and warm water for at least 15 seconds before and after touching any food.
- Rinse all fresh fruits and vegetables under warm running water before serving and eating, including rind and inedible skin. Bacteria on the outer rind can be transferred to the inner flesh when the food is cut or peeled.

Key 2: SEPARATE RAW and COOKED

- Use two cutting boards: one for raw meat, poultry, and seafood; the other for washed fresh produce and ready-to-eat foods like breads.



- Wash counters, cutting boards, and utensils with hot-soapy water after contact with raw food items.
- Always place cooked and ready-to-eat foods on the top shelf, raw meat, seafood, and poultry on the bottom shelf of the refrigerator.

Key 3: COOK THOROUGHLY



- Cook food thoroughly, especially meat, poultry, seafood, and eggs.
- Use a food thermometer to be sure foods have reached a safe minimum internal temperature.
- Reheat leftovers to 165°F or until hot and steaming.

Cooking Guidelines

Food Type: Beef Roast (rare)

Minimum Internal Temperature & Time Required:

130°F for 112 minutes or 140°F for 12 minutes

Food Type: Beef Roast (medium), Pork Roast, and Ham

Minimum Internal Temperature & Time Required: 145°F for 4 minutes

Food Type: Beef/ Pork (other than roast), Eggs, Fish

Minimum Internal Temperature & Time Required: 145°F for 15 seconds

Food Type: Ground Beef/ Pork/ Game

Minimum Internal Temperature & Time Required: 155°F for 15 seconds

Food Type: All Poultry (Chicken, Turkey) and Stuffed Meats

Minimum Internal Temperature & Time Required: 165°F for 15 seconds

Minimum cooking temperature for microwaved foods: 165°

Minimum temperature when reheating food: 165°

Key 4: KEEP TEMPERATURE RIGHT

- Keep hot foods **HOT** and cold foods **COLD** because bacteria grows rapidly between 41° to 135°F.
- Never leave cooked food out of refrigeration for over 2 hours.

Rule of Thumb:

Eat it, Refrigerate it, or Toss it!

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