

SENIOR FOOD & NUTRITION RESOURCES GUIDE



**SENIOR INFORMATION & ASSISTANCE
AREA AGENCY ON AGING**



Dept. of Adult & Aging Services
6955 Foothill Blvd., Suite 143, Oakland, CA 94605
800-510-2020 or 510-577-3530
<http://seniorinfo.acgov.org>

Alameda County Food & Nutrition Resources

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

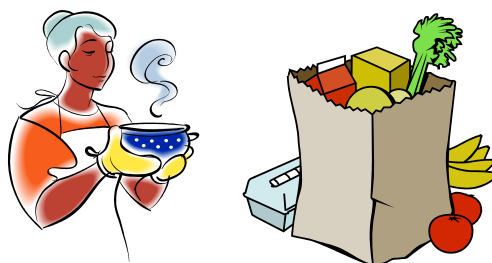
Note: Information listed is subject to change without notice

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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.

The Area Agency on Aging Senior Information & Assistance department is located at 6955 Foothill Boulevard, Suite 143, Oakland, CA 94605. Staff is available to answer your phone calls Monday through Friday, from 8:30am to 5:00pm. Callers may reach the office by dialing 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 to Alameda County's low-income residents. The Food Bank does this by providing direct services agencies that include **food pantries, soup kitchens, residential programs, day programs, shelters and USDA distribution sites.**

For more information, call the Food Helpline at 1-800-870-3663 (FOOD), 510-635-3663 or visit the website: www.accfb.org

CalFresh (Food Stamps)

CalFresh is the name for California's Food Stamp Program. CalFresh is a Supplemental Nutrition Assistance Program (SNAP), a nutrition program that supplements the needs of low-income persons. 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. Seniors on SSI will become eligible starting in 2019, and any senior with a low income (↓ 200% of poverty) is eligible.

For more information or to apply for food stamps, contact the Alameda County Social Services Agency or the Alameda County Food Bank. Their number to enroll in food stamps is **Alameda County Community Food Bank: 510-635-3663 ext. 2.** *All seniors will receive the maximum allowable allocation during COVID.*

Alameda County Social Services Offices:

- **North County Self-Sufficiency Center**
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
510-263-2420
- **Eden Area Multi-Service Center**
24100 Amador Street, Hayward
510-670-6000
- **Fremont Outstation**
39155 Liberty Street, Suite C330, Fremont
510-795-2428
- **Livermore Outstation**
3311 Pacific Avenue, Livermore
925-455-0747

Groceries During COVID

Mercy Brown Bag (County-wide)

The Mercy Retirement & Care Center's Brown Bag Program provides a bag of supplemental groceries twice a month to eligible low-income seniors. **The bags are distributed throughout Alameda County.** Normally the bags consist of bread, fresh produce, assorted canned foods & other items depending on availability. Since COVID, bags are either dropped off at a site for pick up, or the bags will be delivered directly to your home. **To register and for pickup site or home delivery information, call: 510-534-8540 ext. 369**

Other Older Adult- Specific Grocery Bag Delivery and Pick Sites During COVID:

- St. Mary's Center, Oakland, 510-923-9600
- Vietnamese American Community Center of the East Bay, Oakland, 510-891-9999
- Korean Community Center of the East Bay, San Leandro, Korean Speakers, call 844-788-3271, English speakers, call 510-788-3271

Alameda County Community Food Bank

The local food bank provides USDA (Dept. of Agriculture) groceries through many sites in Alameda County. Most distribution sites are through the local faith community. **Call the Food Helpline for the site nearest you at 1-800-870-3663 (FOOD).**

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

Food distribution and food pantry, call 523-5850

Project Open Hand, Oakland Offices

Open to Wellness Program clients from 10-2 Monday thru Friday.

Healthy Fruits, Vegetables, Eggs & Cheese

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

Emergency Food Baskets and food distribution

For more information call Fremont office: 510-793-4583

Local Senior Centers

Contact your local senior center to find out if they offer groceries for their constituents during COVID. Some senior centers are delivering groceries.

Farmers Markets

Some farmer's markets are open, and require masks and social distancing. Contact the AAA at 1-800-510-2020, or 510-577-3530. Go here for the latest information about farmer's market sites in Alameda County which accept EBT CalFresh, go here:

<https://www.acgov.org/cda/awm/agprograms/commercial/market.htm>. For details about all the farmers markets in Alameda County, go here:

<https://ecologycenter.org/fmfinder/>.

Restaurant Meals Program

The Restaurant Meals Program allows homeless, older (age 60 and over), and disabled CalFresh households to use CalFresh benefits to purchase prepared meals at participating restaurants. Local fast-food restaurants participating in the service will display a sign on their door or window indicating they are an Alameda County Restaurant Meal location. For a list of participating restaurants go here:

www.alamedasocialservices.org/public/services/food_assistance/docs/RMP_Restaurant_List_03192020_New.pdf

Community Meal Programs

The programs below are open to all ages; see below.

St. Vincent de Paul

675 - 23rd Street, Oakland

510-451-7676,

Tues-Sat 10:45am–12:45pm (closed Sundays, Mondays, and 1st Wednesdays of each month)

Open Heart Kitchen

Go to www.openheartkitchen.org for locations; 925-580-1616 (Livermore, Pleasanton, and Dublin locations)



Older Adult Meals Programs During COVID

Group dining at senior centers and other locations all over Alameda County provide nutritious hot meals during non-COVID times. However, during COVID, the group dining sites are only offering either a “Grab and Go” option, a meal delivery option, or a “Drive-thru” option. There may be a suggested donation for the meals; however, no one is turned away if they are unable to pay. **Contacting the program in advance to sign-up for a meal option is must!** If you would like more information about how to enroll, contact the program or the meal site directly. The site locations for Older Adult Meal Program sites are listed below, by city. If you have trouble connecting with your local program, call 800-510-2020.

Alameda

Mastick Senior Center

1155 Santa Clara Avenue

Alameda, CA 94501

Phone: 510-747-7503

Monday – Friday

Lunch 12 Noon

72-hour reservation required

Albany

Albany Senior Center

846 Masonic Avenue

Albany, CA 94706

Phone: 510-524-9122

Currently offering home delivered meals only to Albany residents age 60 and older.

Must register in advance.

Berkeley

Berkeley Senior Centers

2939 Ellis Street

Berkeley, CA 94703

Phone: 510-981-5170 or Email: seniors@cityofberkeley.org

Tuesdays

11:30 am – 1:00 pm

Five frozen, nutritious meals are available each week to Berkeley residents, age 60 and older. Meals are available for curbside pick-up on Tuesdays, from 11:30-1 PM at the South Berkeley Senior Center. *A suggested donation of \$15/week is asked to cover the cost of the meals.

Emeryville

Emeryville Senior Center

4321 Salem Street

Emeryville, CA 94608

Phone: 510-596-3730 or Email: mmckenna@emeryville.org

J-Sei

1285 66th Street

Emeryville, CA 94608

Phone: 510-654-4000 ext.15 or Email: tara@j-sei.org.

Monday, Wednesday, Friday

Reservations must be made 2 days in advance.

Castro Valley, Oakland, San Leandro, San Lorenzo, Union City, and Hayward

Spectrum Community Services is offering meals throughout Oakland and Central Alameda County. Public sites serve "Grab and Go" lunches from 12-12:30 pm for already enrolled seniors to take home, reheat and enjoy. Advanced reservations are required. Call the public sites directly to make meal reservations or go to the link below. Contact Spectrum Community Services, 510-881-0300, if you have problems connecting directly to the site.

<https://www.spectrumcs.org/senior-services/senior-meals-sites-map>

Spectrum Community Services Sites:

Castro Valley

CV United Methodist Church (Public site)

19806 Wisteria Street

Castro Valley, CA 94546

Phone: 510-581-3486

Tuesday

Lunch 12:00 Noon

Kenneth Aitken Senior Center (Public site)

17800 Redwood Road

Castro Valley, CA 94546

Phone: 510-881-6742

Monday - Friday

Lunch 12:00 Noon

Hayward

Josephine Lum Lodge

2747 Oliver Drive

Hayward, CA 94545

Phone: 510-785-1997

Monday - Friday

Lunch 12:00 Noon

Oakland

North Oakland Senior Center (Public site)

5714 MLK Jr. Way

Oakland, CA 94509

Phone: 510-597-5085

Monday - Friday

Lunch 12:00 Noon

Downtown Oakland Senior Center (Public site)

200 Grand Avenue

Oakland, CA 94612

Phone: 510-238-3284

Monday - Friday

Lunch 12:00 Noon

Northgate Terrace Apartments

550 24th Street

Oakland, CA 94612

Phone: 510-465-9346

Monday - Friday

Lunch 12:00 Noon

DURING SHELTER IN PLACE, SERVICE TO RESIDENTS ONLY

Palo Vista Garden Apartments

6401 Fenham Street

Oakland, CA 94612

Phone: 510-430-2698

Monday - Friday

Lunch 12:00 Noon

DURING SHELTER IN PLACE, SERVICE TO RESIDENTS ONLY

Oakland cont.

Lion Creek Crossings

6710 Lion Way

Oakland, CA 94612

Phone: 510-534-6200

Monday - Wednesday

Lunch 12:00 Noon

DURING SHELTER IN PLACE, SERVICE TO RESIDENTS ONLY

St. Mary's Community Center

925 Brockhurst Street

Oakland, CA 94608

Phone: 510-923-9600

Monday - Friday

Lunch 12:00 Noon

DURING SHELTER IN PLACE, SERVICE TO RESIDENTS ONLY

J.L. Richard Terrace

250 E 12th St

Oakland, CA 94606

Phone: 510-465-9646

Monday - Friday

Lunch 12:00 Noon

DURING SHELTER IN PLACE, SERVICE TO RESIDENTS ONLY

Peralta Village - Oakland Housing Authority (OHA)

935 Union Street

Oakland CA 94607

Phone: 510-587-5128

Wednesday and Thursday

Lunch 12:00 Noon

DURING SHELTER IN PLACE, SERVICE TO RESIDENTS ONLY

San Leandro

San Leandro Senior Community Center

13909 E. 14th Street,

San Leandro, CA 94578

Phone: 510-825-9793

Monday - Friday

Lunch 12:00 Noon

Union City

Ralph & Mary Ruggieri Senior Center

33997 Alvarado Niles Road

Union City, CA 94587

Phone: 510-675-5495

Monday - Thursday

Lunch 12:00 Noon

Dublin, Livermore, Pleasanton

Contact Open Heart Kitchen at 925-500-8241, or go to <https://www.openheartkitchen.org/senior-meals>. Meals are provided via curbside or walk-up Monday – Friday. A 72-hour reservation is required.

Open Heart Kitchen Sites:

Dublin

Dublin Senior Center

7600 Amador Valley Boulevard

Dublin, CA 94568

Phone: 925-500-8241

Monday – Friday

Lunch 11:30 am – 12:15 pm

Livermore

Livermore Senior Center

4444 East Avenue

Livermore, CA 94550

Phone: 925-500-8241

Monday – Friday

Lunch 12 Noon – 1:00 pm

Pleasanton

Pleasanton Senior Center

5353 Sunol Boulevard

Pleasanton, CA 94566

Phone: 925-500-8241

Monday – Friday

Lunch 12 Noon – 1:00 pm

Pleasanton cont.

Ridgeview Commons

5200 Case Avenue

Pleasanton, CA 94566

Phone: 925-500-8241

Monday – Friday

Dinner 4:00 pm – 5:00 pm

A reservation must be made by 12 Noon on the day of meal pickup

Fremont

Fremont Multi-Service Senior Center

40086 Paseo Padre Pkwy

Fremont, CA 94538

Phone: 510-790-6600, or Email: Agewellcenters@fremont.gov

Thursdays

Lunch 12 Noon – 1:00 pm

Frozen meals can be ordered ahead of time and picked up every Thursday. The cost is 5 meals for \$20.00 Hot meals can be ordered ahead of time and picked up on the 1st, 3rd and 5th Thursdays. The cost of these meals is \$7.00 per meal - sometimes higher based on high-end meals. Meals are curbside pick-up (in front of the senior center) on Thursdays (12 pm - 1 pm) and will continue until the Senior Center reopens.



Home Delivered Meals During COVID

There are several home-delivered meal programs in Alameda County. They deliver meals to older adults age 60 and older, who are homebound and unable to provide for themselves. These programs provide temporary support until you are able to provide for yourself. Eligibility for services is reassessed periodically.

During COVID, if you are an older adult and cannot get out to obtain food, you are eligible for meals on wheels.

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.



ALAMEDA MEALS ON WHEELS

Serves: all ages

City: City of Alameda

Contact: 510.865.6131

LIFE ELDERCARE

Serves: 60+

Cities: Fremont, Newark, & Union City

Contact: 510.894.0370

J-SEI

Serves: 60+, Japanese style meals

Cities: Emeryville, Berkeley, Oakland

Contact: 510-654-4000 ext.15 or Email:

tara@j-sei.org

SOS/MEALS ON WHEELS

Serving: 60+

Cities: Oakland, Piedmont, Hayward, Castro Valley, San Lorenzo, Cherryland, Ashland, & San Leandro

Contact: 510.582.1263

SPECTRUM COMMUNITY SERVICE

Serves ages 60+

- **Cities: Dublin, Pleasanton, & Sunol**

Contact: 925.931.5385

- **City: Livermore**

Contact: 925.421.4657

TRI-CITY MEALS ON WHEELS

Serves: ages 60+

- **City: Berkeley**

Contact: 510.981.5250

- **City: Albany**

Contact: 510.524.9124

- **City: Emeryville**

Contact: 510.596.4309

****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 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 having no flavor or tasting bad too.

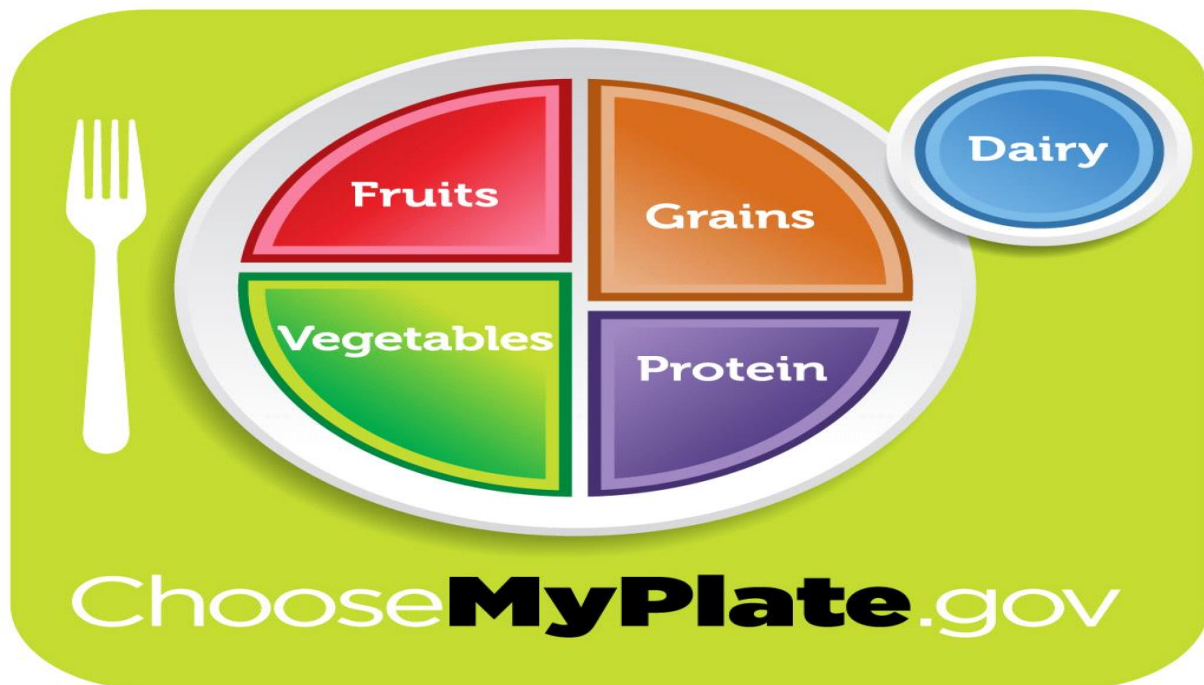
What to do:

- 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, 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 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 need to 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 hands properly with soaps 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 grow rapidly between 41° to 135°F.
- Never leave cooked food out of refrigeration over 2 hours.

Rule of Thumb:

Eat it, Refrigerate it, or Throw it!