

FOOD & NUTRITION RESOURCES IN ALAMEDA COUNTY

Information for Seniors
about obtaining and preparing
nutritious foods



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Food & Nutrition Resources in Alameda County

This guide was developed with the assistance of Nutrition and Dietetic Student Interns from San Francisco State University. It 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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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)** or visit the website: **www.accfb.org**

Food Stamp Program

CalFresh is the new 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.

For more information and to apply for food stamps, contact the Alameda County Social Services Agency:

- North County Multi-Service Center, 2000 San Pablo Ave., Oakland, **(510) 263-2420**
- Eastmont Self-Sufficiency Center, 6955 Foothill Blvd., Oakland, **(510) 383-5300**
- Medi-Cal Center, 8477 Enterprise Way, Oakland, **(510) 777-2300, 1-800-698-1118**
- Eden Area Multi-Service Center, 24100 Amador Street, Hayward, **(510) 670-6000**
- Fremont Outstation, 39155 Liberty Street, Suite C330, Fremont, **(510) 670-6000**
- Livermore Outstation, 3311 Pacific Avenue, Livermore, **(925) 455-0747**

Groceries

Mercy Brown Bag

The Mercy Retirement and Care Brown Bag Program provides a bag of supplemental groceries twice a month to eligible low-income seniors. The bags are distributed at senior centers and churches throughout most of the county. Normally the bags consist of 10-15 items in each bag including bread, fresh produce, assorted canned foods & other items depending on availability. However, seniors must pick up foods themselves or send someone in for them. To register and for information about pick-up sites, call: **(510) 534-8540 ext. 369**

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)**.

St. Paul's Food Co-op

116 Montecito Ave. Oakland, CA 94610

Open Market on Thursday from 10-11 a.m.

Wholesale Fruits, Vegetables, Eggs & Cheese

For more information call: **(510) 444-5974**

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

Emergency Food Baskets

For more information call Fremont office: **(510) 793-4583**

Resource Lists:

Alameda County Public Health / Nutrition Services: **(510) 595-6454**
(including information about farmer's markets and the "Healthy Seniors" program) www.acphd.org/nutritionservices

Buy Fresh Buy Local: **(510) 832-4625**

Community Alliance with Family Farmers publishes print and online directories about local fresh food outlets.

<http://guide.buylocalca.org>

Dining Services

Lots of restaurants offer senior discounts; however the best deals are usually at your local senior centers or other senior meal sites in your communities. There are also community meal programs open to all ages.

Community Meal Programs

St. Vincent de Paul

(510) 451-7676, 675 - 23rd Street, Oakland

Daily 10:45am-12:45pm (except 1st Wednesday of each month)

Open Heart Kitchen (www.openheartkitchen.org)

(925) 580-1616 (Livermore, Pleasanton, and Dublin locations)

Senior Group Dining

Meal sites at senior centers and other locations all over Alameda County provide nutritious hot meals. Several sites serve Monday through Friday, however some locations have different schedules. Call your local site to see if they require reservations. There may be a suggested donation at each site, however no one is turned away if they are unable to pay. It is a wonderful opportunity to socialize with others while enjoying a hot delicious meal. It is also more fun than eating home alone!!!

Participants in the congregate meal program have the opportunity to socialize while enjoying nutritionally balanced meals. As part of the program, nutrition education is also made available.

A list of **Senior Group Dining Sites** is on the following page, or you may call the Area Agency on Aging Senior Information number for the site nearest you, 1-800-510-2020 / 510-577-3530.



Senior Group Dining Sites

The site locations for Senior Group Dining are listed below. A few sites require advance reservations, so remember to sign up in advance. If you have any questions about mealtimes or other details, call the number listed for the meal site. All area codes are (510) unless otherwise shown. Also, unless otherwise noted, sites serve lunch Monday thru Friday.

CENTRAL COUNTY

Castro Valley

Kenneth C. Aitken Senior & Community Center (M, W hot lunch; T, TH café): 881-6738

*United Methodist Church (T, TH): 881-0300, ext. 222

Hayward

*Eden Garden Mobile (T, TH): 881-0300, ext.222

*Glad Tidings (W): 881-0300, ext.222

*Hayward Mobile CC (W, F): 881-0300, ext.222

Hayward Senior Center (T, W, TH, F*): 881-6766

*Josephine Lum Lodge: 785-1997

*Matt Jimenez Center (TH): 881-0300, ext.222

*Salvation Army Center: 881-0300, ext.222

*Spanish Ranch I M/H (T, TH): 881-0300, ext.222

San Leandro

*Ashland Community Center (T only): 881-6755

*Fargo Senior Center Apts: 351-2938

*San Leandro Senior Community Center: 881-0300, ext. 222

San Lorenzo

*Eden Japanese Center (2nd & 4th TH): 881-0300, ext.222

EAST COUNTY

***Dublin** Senior Center: (925) 556-4511

***Livermore** Senior Center: (925) 373-5760

***Pleasanton** Senior Center: (925) 931-5385

*Ridge View Commons (Dinner: M-F): (925) 484-5131

SOUTH COUNTY

Fremont Multi-Service Senior Center: 790-6600

Newark

*Silliman Activity Center (M- TH): 578-4840

Union City

*Ralph & Mary Ruggieri Center: 675-5497

*Southern Alameda County Buddhist Church (4th W only): 881-0300, ext.222

*Tropics Mobile Home Park (T, TH): 881-0300, ext.222

NORTH COUNTY

Alameda

*Mastick Senior Center: 747-7500

***Albany** Senior Center (Dinner: M-F): 524-9122

Berkeley

*J-Sei (formerly Japanese American Services of the East Bay) (M-TH): 883-1106

Jewish Community Center of the East Bay (M, TH): 848-0237

*North Berkeley Senior Center: 981-5190

*South Berkeley Senior Center: 981-5170

*West Berkeley Senior Center: 981-5180

***Emeryville** Senior Center: 596-3730

Oakland

*Altenheim Senior Housing (T, Th, F): 531-6389

*Downtown Oakland Senior Center: 238-3284

*East Bay Korean American Senior Service Center (T-SA): 763-1879

*East Oakland Senior Center: 615-5731

*Fruitvale/San Antonio Senior Center: 535-6123

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

*Lincoln Court Center (M, W, F): 336-0100

*North Oakland Senior Center: 597-5085

*Palo Vista Dining Site: 562-7538

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

*Vietnamese American Community Center of the East Bay: 891-9999

*West Oakland Senior Center: 238-7016

Older Americans Act meal programs: These sites () provide meals under provisions of the Older Americans Act; thus persons age 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 a number of 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. All area codes are (510) unless otherwise noted.

Alameda Meals on Wheels – City of Alameda: 865-6131

Albany: 524-9124

Bay Area Community Services – Oakland, Piedmont: 986-8916

Berkeley: 981-5250

Emeryville: 596-3730

Life ElderCare – Fremont, Newark, Union City: 574-2092

SOS-Meals on Wheels –

Hayward, Castro Valley, San Leandro, San Lorenzo: 582-1263

Spectrum Community Services –

Main Number: 881-0300

Livermore: (925) 373-5764

Dublin, Pleasanton, Sunol: (925) 931-5385

*Homebound and critically ill **non-seniors** may call **Project Open Hand** at **(510) 622-0221**.

Eat Well & Stay Healthy

Many seniors 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 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, 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.

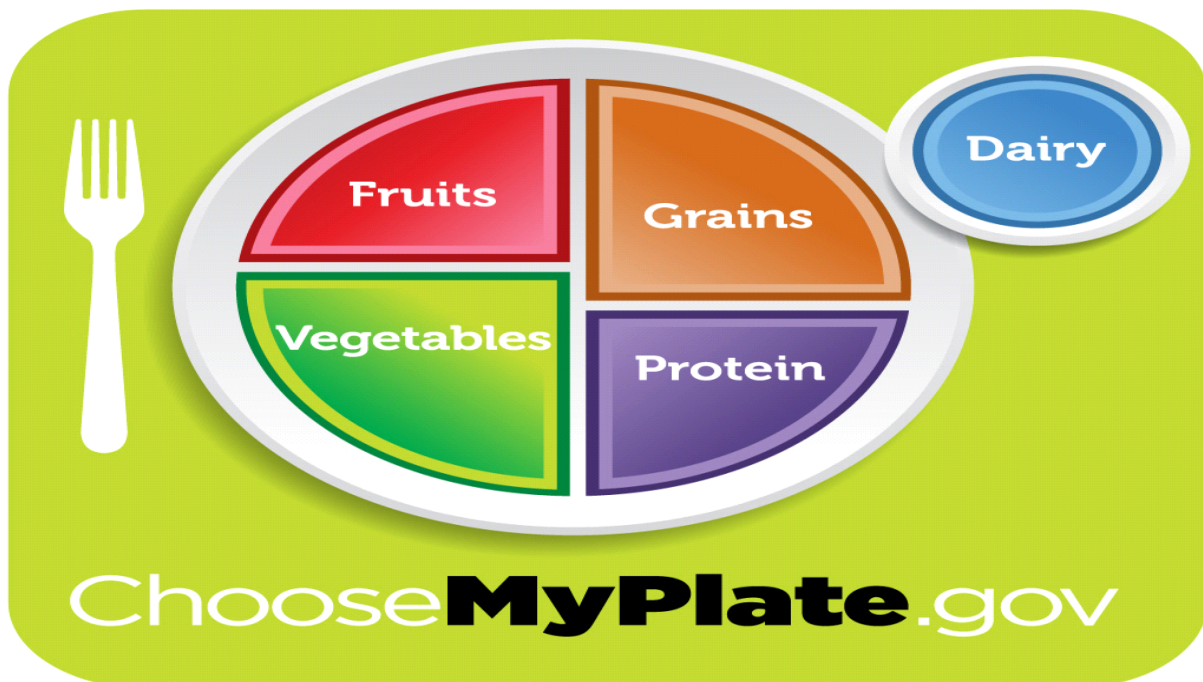
What to do:

- 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!



Seniors 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. Older adults also need to drink plenty of fluids, usually about 8 glasses a day. Most seniors will need supplemental Vitamin D and Vitamin B-12.

Older adults 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!