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**PROGRAM MEMO**

TO: <b>AREA AGENCY ON AGING DIRECTORS</b>	NO.: <b>PM 07-13(P)</b>
SUBJECT: Elderly Nutrition Program Meals Compliance with Older Americans Act	DATE ISSUED: June 14, 2007
REVISED	EXPIRES: Until superceded
REFERENCES: Title 22 Division 1.8 Chapter 4, Article 5. Section 7638.5, Older Americans Act	SUPERSEDES:
PROGRAMS AFFECTED: <input type="checkbox"/> All <input type="checkbox"/> Title III-B <input checked="" type="checkbox"/> Title III-C1/C2 <input type="checkbox"/> Title III-D <input type="checkbox"/> Title III-E <input type="checkbox"/> Title V <input type="checkbox"/> CBSP <input type="checkbox"/> MSSP <input type="checkbox"/> Title VII <input type="checkbox"/> ADHC <input type="checkbox"/> Other: _____	
REASON FOR PROGRAM MEMO: <input checked="" type="checkbox"/> Change in Law or Regulation <input type="checkbox"/> Response to Inquiry <input type="checkbox"/> Other Specify: Compliance with Older Americans Act requirement	
INQUIRIES SHOULD BE DIRECTED TO: Barbara Estrada, MS., RD; Phone: (916) 928-3326; Email: <a href="mailto:bestrada@aging.ca.gov">bestrada@aging.ca.gov</a>	

This Program Memo transmits a summary of guidelines and options Area Agencies on Aging and Title III-C Elderly Nutrition Program (ENP) service providers can use to meet menu requirements to assure compliance with the Older Americans Act (OAA), Section 339, and California Regulations, Title 22, Division 1.8, Chapter 4, Article 5, Section 7638.5. Incorporate these guidelines into all requests for proposals, bids, contracts, and open solicitations for meals.

The OAA requires the ENP to comply with the Dietary Guidelines for Americans (DGA) 2005 and the Dietary Reference Intakes (DRI). The DGA is based on the latest scientific information. The new DGA considers age as a factor in nutrition requirements; this change has an impact on the nutrient requirements of the senior population served by the ENP. The California Department of Health and Human Services Agency and the U.S. Department of Agriculture publish the DGA jointly every five years. Title 22 has been updated to reflect requirements contained in the DGA 2005 and the DRIs. The new requirements will be adopted as of July 1, 2007.

OAA's requirements assure the ENPs sustain and improve client health through the provision of safe and nutritious meals by implementing the DGA and providing each participating older individual a minimum of one-third of the DRIs. By ensuring adequate nutrient intake, the DRIs prevent nutrient



deficiencies and reduce the risk of chronic diseases such as osteoporosis, cancer, and cardiovascular disease. The DGAs aid policy makers in designing and implementing nutrition-related programs. The key nutrient recommendations noted in the DGA that affect older Californians' health status should be integrated into the ENP's menu planning.

**Original signed by**

Lynn Daucher  
Director

Attachment – Elderly Nutrition Program Guidelines  
Meal Pattern