

# California Department of Aging

## Congregate Nutrition Program Narrative

### Older Americans Act Title III C-1

#### Program / Element / Component – 10.10

#### Description

The Congregate Nutrition Program addresses dietary inadequacy and social isolation among individuals aged 60 and older. The Program provides nutrition education, nutrition risk screening and, in some Planning and Service Areas (PSA), nutrition counseling. The program targets older individuals with the greatest economic or social need, with particular attention given to low-income minority older individuals and older individuals living in rural areas. The program encourages the use of volunteers and gives all participants the opportunity to contribute to the meal cost. Meals incorporate the Dietary Guidelines for Americans and provide a minimum of one-third of the Dietary Reference Intakes (DRIs).

The Congregate Nutrition Program is funded by the federal Older Americans Act (OAA), the State General Fund, participant donations, local funds, grants, and non-participant donations. In FY 2008-09, the American Recovery and Reinvestment Act (ARRA) of 2009 awarded \$6,585,441 of additional funding to California's Congregate Meals Program to feed seniors in need and to restore nutrition services and local food service positions eliminated due to cost increases and funding losses. The ARRA funding continues through September 2010.

#### Benefits

The Program is designed to improve participants' dietary intakes and to offer participants opportunities to form new friendships and create informal support networks. Since adequate nutrition is critical to health, functioning, and the quality of life, the Program is an important component of home- and community-based services for older people.

#### Eligibility

<i>Income</i>	No requirement
<i>Age</i>	60 and older
<i>Other</i>	Also eligible for meals and other nutrition services are spouses of eligible participants, regardless of age, volunteers who provide needed services during meal service hours, persons with disabilities, persons who live with an eligible person, and older individuals who live in senior housing facilities

	with meal services. The OAA emphasizes serving individuals in greatest economic or social need, older individuals living in rural areas, and low-income minority older individuals.
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### Access

Information on the Congregate Nutrition Program and how to receive services is available through the statewide toll-free Senior Information Line at **1-800-510-2020** and the California Department of Aging website at [www.aging.ca.gov](http://www.aging.ca.gov).

### Current Year Funding Information

<i>Source</i>	OAA federal funds, State General Fund (GF), local funds, in-kind contributions  In FY 2008-09, the American Recovery and Reinvestment Act (ARRA) of 2009 awarded \$6,585,441 of additional funding to California's Congregate Meals Program to feed seniors in need and to restore nutrition services and local food service positions eliminated due to cost increases and funding losses. The ARRA funding continues through September 2010.
<i>Allocation Formula</i>	Intrastate Funding Formula
<i>Match Requirements</i>	5 percent State GF 10 percent local program funds 25 percent local administrative funds
<i>Other Funding Information</i>	Transfers:  Statewide 40 percent of funds can be transferred between Title III C-1 (congregate) and Title III C-2 (home-delivered); 30 percent of funds can be transferred between Title IIIB (supportive services) and Title III C-1 and Title III C-2.  There are no fees for participation in the Program; donations are encouraged.
<i>Funding Cycle</i>	July 1 – June 30