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PROGRAM MEMO

TO: Area Agencies on Aging

EXPIRES: NA

NO: PM 21-19

PROGRAMS AFFECTED: Title IIIC Nutrition Program

DATE ISSUED: 10.11.21

SUPERSEDES: PM 12-17(P)

SUBJECT: Menu Guidance for the Title IIIC Older Californians Nutrition Program for Compliance with the Dietary Guidelines for Americans, 2020-25.

Purpose

This Program Memo (PM) provides Area Agencies on Aging and their nutrition providers with menu guidance for the Title IIIC Older Californians Nutrition Program (OCNP) for compliance with the Dietary Guidelines for Americans, 2020-25.

Background

The U.S. Departments of Agriculture (USDA) and of Health and Human Services (HHS) review, update, and publish the Dietary Guidelines every five years.

The Dietary Guidelines establish the scientific and policy basis for all Federal nutrition food assistance programs and provide information for making food choices that promote health and prevent disease. The Dietary Guidelines are based on current science with priority placed on scientific studies that examine the relationship between diet and health across all life stages, in men, women, and children from diverse racial and ethnic backgrounds, who are healthy or at risk of chronic disease.

The Older Americans Act (OAA) and the California Code of Regulations (CCR) require that the Title IIIC OCNP, also known as the Elderly Nutrition Program or Senior Nutrition Program, complies with the most recent Dietary Guidelines and the Dietary Reference Intakes (DRI). The intent of these requirements is to ensure that the nutrition services sustain and improve participant health through the provision of safe and nutritious meals.

Menus that follow the Dietary Guidelines and provide one-third of the DRIs in each meal help to prevent nutrient deficiencies and reduce the risk of chronic diseases such as heart disease, cancer, and stroke. The menu planning guidance for the OCNP meals incorporates the key nutrient recommendations from the Dietary Guidelines that impact the health of older adults.

Menu Guidance

Menu Guidance for the OCNP is attached to PM 21-19 and is also located at [CDA Program Memos](https://aging.ca.gov/Program_Memos/) (https://aging.ca.gov/Program_Memos/).

Inquiries

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