

# Marin Food and Nutrition Resources

MARIN COUNTY  
COMMISSION ON  
**AGING**



**MARIN MEALS ON WHEELS** (☎ 507-4300) delivers meals to the homes of qualified individuals 60 years and older throughout the county, including West Marin. Suggested donation is \$3.50. For more information or to apply for meal delivery, call 507-4300.



Provides nutritious hot meals to persons 60 years and older at various sites in Marin. Free of charge. Suggested donation of \$2.00 is highly encouraged. Reservation is required and may be made by calling the following agencies (locations/times subject to change):

## **DANCE PALACE COMMUNITY**

**CENTER** (☎ 663-1075) serves hot lunches every Thursday at 11:30 a.m. at 503 B Street, Point Reyes Station.

**MARIN MEALS ON WHEELS** (☎ 507-4300) serves hot lunches at the following sites:

- **MARGARET TODD SENIOR CENTER:** Monday-Friday 12:00 p.m. at 1560 Hill Road, Novato
- **MARTINELLI HOUSE:** 3rd Wednesday of the month 12:00 p.m. at 1327 Lincoln Boulevard, San Rafael
- **PICKLEWEED PARK COMMUNITY CENTER:** Every other Friday 11:30 a.m. at 50 Canal Street, San Rafael
- **ST. HILARY:** Last Thursday of the month 12:00 p.m. at 761 Hilary Drive, Tiburon
- **SAN RAFAEL COMMUNITY CENTER:** Wednesdays (except 3rd Wednesday of the month) 11:30 a.m. at 618 B Street, San Rafael

**SAN GERONIMO VALLEY COMMUNITY CENTER** (☎ 488-8888) serves hot lunches every Thursday at 11:45 a.m. at 6350 Sir Francis Drake Boulevard, San Geronimo.



## **FOOD STAMPS**

*Eligibility:* ☎ 473-3460  
*West Marin Service Center:* ☎ 663-8271

## **MARIN COMMUNITY FOOD BANK**

(☎ 883-1302) offers the following programs:

- **Brown Bag** provides supplemental food for low-income persons 60 years and over. Two bags of groceries a month may be received by those who qualify. Distribution sites are located in Fairfax, Ignacio, Marin City, Mill Valley, Novato, Point Reyes, San Anselmo, San Rafael, Sausalito, Terra Linda, and Tiburon.
- **Emergency Food Pantries** provide short-term assistance to families who are temporarily out of food. A three-day supply of emergency food relief are distributed at the following sites: Canal Alliance ♦ Novato Human Needs Center ♦ San Geronimo Valley Community Center ♦ Salvation Army/San Rafael ♦ Southern Marin Food Pantry ♦ West Marin Community Resource Center.
- **USDA Commodity Program** provides food commodities, such as rice, beans, peanut butter, flour, cornmeal, and butter, to low-income families. Distributed by zip code on the 4<sup>th</sup> Thursday of each month, except November and December, at the following sites: Canal Alliance ♦ Corte Madera Recreation Center ♦ Marin City St. Andrews Presbyterian Church ♦ Novato Human Needs Center ♦ Salvation Army/San Rafael ♦ San Geronimo Valley Community Center ♦ West Marin Community Resource Center.
- **Compassion in Action Program** provides boxes of groceries to individuals and families whose needs cannot be met by existing food programs. Serves people who are experiencing severe, long-term crisis such as AIDS or cancer. Referrals to this program are made by service providers, health care professionals, and clergy.



**MEALS OF MARIN**  
 (☎ 457-4666)  
 Delivers free, hot meals to homebound individuals with HIV/AIDS and cancer.

**ST. VINCENT DE PAUL DINING ROOM**  
 (☎ 454-3303)  
 Serves free meals Monday-

Sunday at 820 B Street, San Rafael. Breakfast served at 7:00- 9:00 a.m. and hot lunch at 11:00 a.m.—1:00 p.m. Open to the public.

Check the *Yellow Pages* for additional caterers.



**NOVATO INDEPENDENT ELDERS PROGRAM** (☎ 893-7997)

**SCHWAN'S HOME DELIVERY FOOD SERVICE** (☎ 1-888-724-9265); [schwans.com](http://schwans.com)

**WEST MARIN SENIOR SERVICES**  
 (☎ 663-8148)

For more information about food and nutrition resources in Marin, call the **Marin Adult Information and Assistance** at 457-INFO (457-4636) or check the **Network of Care**: [www.marin.networkofcare.org/aging](http://www.marin.networkofcare.org/aging).

## NUTRITION GUIDELINES

The most current **USDA Dietary Guidelines for Americans** emphasizes a nutrient-dense balanced diet, limiting the intake of saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol, with physical activity to maintain a healthy weight.

For additional resource or information, go to: [www.mypyramid.gov](http://www.mypyramid.gov)

GRAINS	VEGETABLES	FRUITS	CALCIUM RICH	PROTEIN
At least half the grains should come from whole grain cereals, breads, crackers, rice, or pasta.	Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times/week.	Eat a variety of fruit. Go easy on fruit juices.	Choose low-fat milk, yogurt and other milk products. Substitute lactose-free products such as fortified foods and drinks.	Choose low-fat or lean meats and poultry. Choose more fish, beans, peas, nuts and seeds.
6 oz. a day	2 ½ cups a day	2 cups a day	3 cups a day	5 ½ oz. a day
At least 30 minutes of moderate-intensity physical activity, above usual activity, on most days.		Limit fat intake to 25-30% of calories, check food labels for their saturated, <i>trans</i> fat and cholesterol content. Make your fat from fish, nuts and vegetable oils.		

Specific recommendations beyond the basic food groups for older adults:

- Consume vitamin B<sub>12</sub> in its crystalline form (i.e., fortified foods or supplements).
- Consume extra vitamin D from vitamin D-fortified foods and/or supplements.
- Participate in regular physical activity to reduce functional declines associated with aging and to achieve the other benefits of physical activity identified for all adults.
- Aim to consume no more than 1,500 mg of sodium per day, and meet the potassium recommendation (4,700 mg/day) with food.
- Alcoholic beverages should not be consumed by those taking medications that can interact with alcohol, and those with specific medical conditions.