Goal
The goal of the Marin County Older Adult Nutrition Program is to assist persons aged 60 and over to live independently by promoting health through improved nutrition and reduced isolation.

Nutrition Programs
Marin County offers home-delivered meals and lunches served at congregate dining sites for residents aged 60 and older. There are no income limits. Participants are asked to contribute $3.50/meal delivered to their home and $3.00/meal served at congregate sites. Contributions are voluntary and no one is turned away for lack of funds.

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin County Department of Health and Human Services, Aging and Adult Services.
Home Delivered Meal Program

- Home delivered meals are for persons 60+ years of age who are homebound, isolated, and considered frail. Participants must be home at time of delivery.

- All participants are screened over the phone and in person.

- Healthy meals are prepared with special attention to dietary guidelines and meet 1/3 of daily recommended intake.

- Vegetarian meal option available.

- Participants are provided with one meal a day. Meals delivered cover three, five, or seven days a week based on need.

Congregate Meal Locations

Reservations must be made seven days in advance by calling the numbers for each site below:

The Albert J Boro Center, Pickleweed
50 Canal St., San Rafael
Wed. at noon
(415) 457-INFO (4636)

Corte Madera Recreation Center
498 Tamalpais Dr., Corte Madera
Thurs. at noon
(415) 457-INFO (4636)

Dance Palace
503 B St., Point Reyes Station
Thurs. at 11:30 am
(415) 663-8148

Hilarita
100 Ned’s Way, Tiburon
Fri. at noon
(415) 457-INFO (4636)

Margaret Todd Senior Center
1560 Hill Rd., Novato
Tues., Wed., & Thurs. at noon
(415) 457-INFO (4636)

San Geronimo Valley Community Center
6350 Sir Francis Drake, San Geronimo
Mon. and Thurs. at noon
(415) 488-8888

San Rafael Community Center
618 B. St., San Rafael
Wed., except the 3rd Wed., at 11:00 am
(415) 457-INFO (4636)

For information call (415) 457-INFO or visit www.LiveLongLiveWellMarin.org