

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.

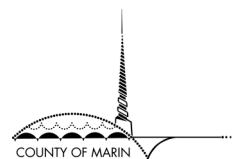
457•INFO

(415) 457- 4636

457-info@marincounty.org

MARIN COUNTY
AGING AND ADULT SERVICES

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DINERS GUIDE



Marin County Aging and Adult Services
10 N. San Pedro Rd., Suite 1023
San Rafael, CA 94903

Monday-Friday
8:30 am – 4:30 pm

www.LiveLongLiveWellMarin.org

If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audiotape, CD-ROM), you may request an alternate format by calling: (415) 457-INFO (Voice), 711 (TTY), or by e-mail at: 457-info@marincounty.org



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)

