

Senior Nutrition Program



NUTRITION. DIGNITY. COMPASSION.

Who We Are

Mission

To enhance health, reduce isolation, and increase socialization for ALL San Luis Obispo County senior residents aged 60+ by providing free, noontime meals through area dining rooms and delivering meals to homebound seniors.

Bringing dignity and independence to seniors in San Luis Obispo County since 1991



Supporting Seniors' Well-being

Reduce hunger, food insecurity, and malnutrition. Be able to say yes to every senior who needs a meal.

Offer opportunities for seniors to socialize, form new friendships, and create informal support networks.

Serve older adults with the greatest economic or social need, with particular attention to low-income, minority older individuals, and older individuals living in isolated circumstances (such as rural communities).



What We Do

Annually Provide:

- **200,000 nutritious meals**
- Nutrition Education
- Wellness Checks/health assessment
- Provide meals for San Luis Obispo & Northern Santa Barbara County

2000 Seniors Served!



Operations

Central Kitchen located at 2180 Johnson Ave., San Luis Obispo



- 1400 Meals were prepared for Thanksgiving Meal
- Avg daily meals is 1000



What's on the Menu?

11	12	13	14	15
<p>Closed for Veterans Day</p> <p><i>Veterans Day</i></p> 	<p>Chicken Parmesan Mixed Vegetables Brussels Sprouts Applesauce Cup WW Pasta*</p>	<p>Swedish Meatballs (Chicken, Turkey, Beef) Cauliflower Winter Blend Mixed Fruit Cup Brown Rice*</p>	<p>Enchilada Verde (Chicken) Cannellini Beans Broccoli Diced Peach Cup (Tortilla)*</p>	<p>Southwest Chicken Salad Coleslaw Carrot Salad Orange Tostada*</p>
18	19	20	21	22
<p>BBQ Rib Patty (Pork) Sweet Potato Peas Pineapple Cup Graham Crackers*</p>	<p>Chicken Alfredo Brussels Sprouts Italian Veg Pear Cup WW Pasta*</p>	<p><i>Celebrating</i> Red Chili w/Meat & Beans (Turkey) Corn 4 Way Veg Blend Peach Cup Graham Cracker* Birthday Muffin <i>November Birthdays!</i></p>	<p>Tuna Noodle Casserole Winter Blend Veg Seasoned Carrots Mandarin Cup WW Pasta*</p>	<p>Chicken Tetrazzini Broccoli Stewed Tomatoes Apricots WW Pasta*</p>

Each Meal contains 33% of the recommended daily nutritional intake for a person 70 years +



Congregate Dining

The Congregate Meals Program serves nutritious meals to older adults in a group setting. Since adequate nutrition is critical to health, functioning, and the quality of life, the Congregate Meals Program is an important heart healthy component of community-based services for older adults.

Eligibility:

- Adults 60 or older, or
- The spouse of an older adult participating in the program, regardless of age, or
- Lives with and accompanies an older adult who participates in the program



Dining Sites



Countywide Dining Site Locations

- *Atascadero (Templeton/Santa Margarita)* - Atascadero Senior Center
- *Cambria (San Simeon)* - Community Presbyterian Church
- *Los Osos* - South Bay Community Center
- *Morro Bay (Cayucos)* - Morro Bay Senior Center
- *Nipomo* - Nipomo Senior Center
- *Oceano (AG, Pismo Beach, Shell Beach, Grover Beach)* - Central Coast Senior Center
- *Paso Robles* - Paso Robles Senior Center
- *San Luis Obispo* - United Church of Christ - UCC
- *Santa Margarita* - Santa Margarita Senior Center

Home Delivered Meal Program

80% of clients served are in the Home Delivered Meal Program

Program Features:

- Quarterly home visit assessment
- The daily home meal deliveries by volunteers, along with regular assessments by site supervisors, provide a safety net from accidents or physical or financial abuse.

Provides caregivers/family respite and reassurance someone will be checking on their loved one.



Who We Serve

Demographic Data

- 60% were women, and among them, half lived alone
- 1 in 3 were aged 85+
- 65% were aged 75+
- 85% were homebound
- 38% were living below the poverty level





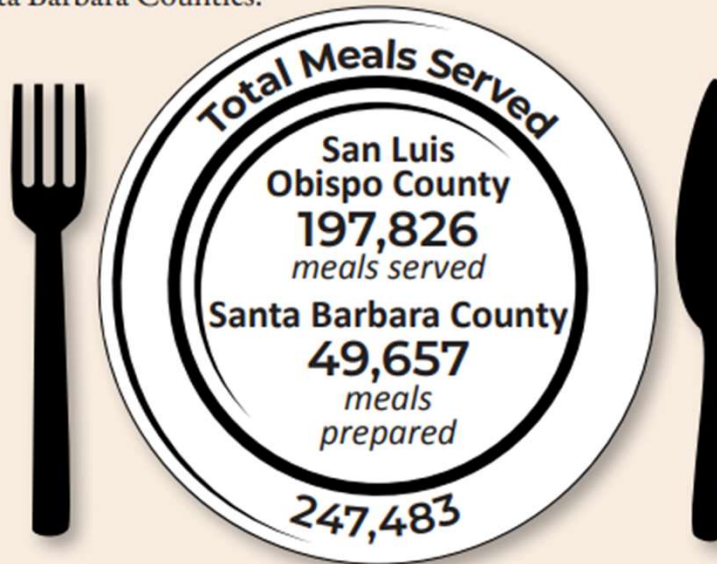
NUTRITION. DIGNITY. COMPASSION.

**1,935
Seniors
Served**

**22,522
Hours**
contributed by
over 400 dedicated
volunteers

2023-24 Impact

These numbers highlight the significant impact of our services on senior wellness and quality of life across San Luis Obispo and Santa Barbara Counties.



Demographics & Health Data

Age:

- 68% of seniors are 75+
- 32% are aged 85 and over

Gender:

- 61% female

Health:

- 67% are frail
- 50% are disabled

Veterans:

- 200 veterans served

Income:

- 411 low-income seniors (25%)

Nutritional Risk:

- 40% of seniors at high nutritional risk



San Luis Obispo's Aging Population

The need is so urgent that the **State of California** is working with counties in creating a **Master Plan on Aging** to meet the unique needs of our growing senior population.



21% of the Population in **California** was Age 60 or Older in **2022**

8,334,216
out of
39,146,273



21% of the Population in **Santa Barbara** was Age 60 or Older in **2022**

93,423
out of
443,956



27% of the Population in **San Luis Obispo** was Age 60 or Older in **2022**

76,942
out of
280,629



Meals Served – Growth Trends

Historical by year

Fiscal Year	Dine In	Home Delivery
2019-20	21,751	78,688
2020-21	COVID	69,818
2021-22	19,909	97,076
2022-23	24,766	92,029
2023-24	32,864	164,962
59% increase overall in 2023		

Last Year (month over month)

Monthly 2024	Dine In	Home Delivery
Jan	2695	14116
Feb	2649	13552
March	2756	13432
April	3078	13696
TOTAL	11,178	54,796

Current Year (month over month)

Monthly 2025	Dine In	Home Delivery
Jan	3697	14541
Feb	4997	12866
March	4994	14198
April	4596	14298
TOTAL	18,284	55,903

Comparing '24 to '25, so far this year, there is **12.5%** increase in overall meal service



Get Involved

265 South St. Suite B
San Luis Obispo, CA 93401

Main Office - 805-541-3312

Mealsthatconnect.org

Tammy@mealsthatconnect.org

805-541-3312 ext. 103

