

Area Agency on Aging Senior Nutrition Program

Thomas Weisbrich, MSW

August 10th, 2026

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Agenda

- **Overview on the III-C Senior Nutrition Program**
- **IIIC Programs**
 - IIIC-1 Congregate Meal Program
 - IIIC-2 Home-Delivered Meal Program
 - Senior Farmers' Market Nutrition Program
- **Current Affairs and FY26-27 Changes**
- **Q&A / Discussion**

Senior Nutrition Program (SNP)

- The **Older Americans Act (1965)** established Area Agencies on Aging and requires every Area Plan to address a range of core services, including senior nutrition services under **Title III-C**.
- **Title III-C** authorizes federal funding for senior nutrition services. Supports two nutrition programs:
 - **Congregate Meals (C1)** – meals served in community settings.
 - **Home-Delivered Meals (C2)** – meals delivered to homebound older adults.

Senior Nutrition Program (SNP)

Mission:

To reduce hunger, improve nutrition, promote socialization, and help older adults remain healthy and independent in their communities.

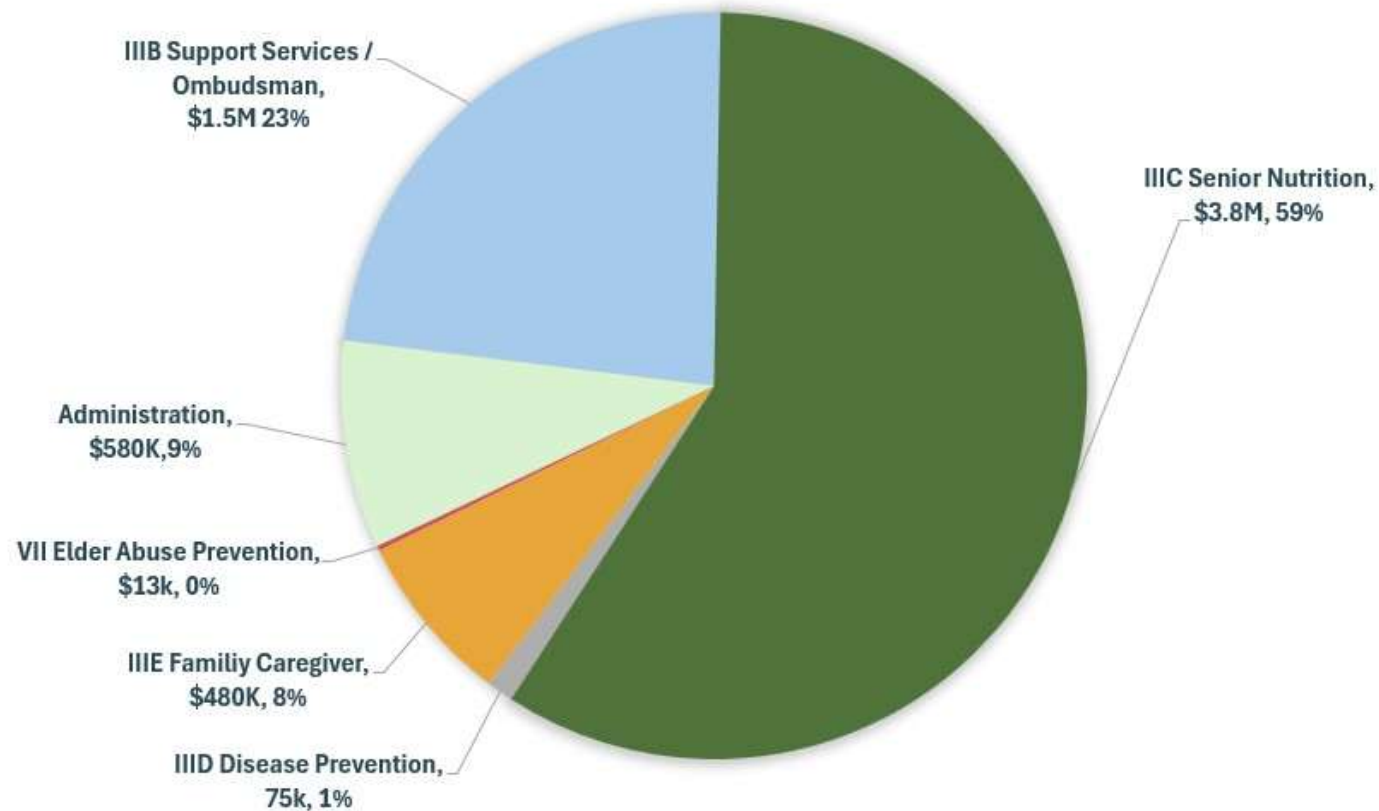
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Funding

- The Senior Nutrition Program is the AAA's **largest-funded program**.
- In FY 25-26, the Senior Nutrition Program comprised **59% OAA baseline funding**.

FY 25-26 OAA BASELINE FUNDING BY PROGRAM: \$6.5M



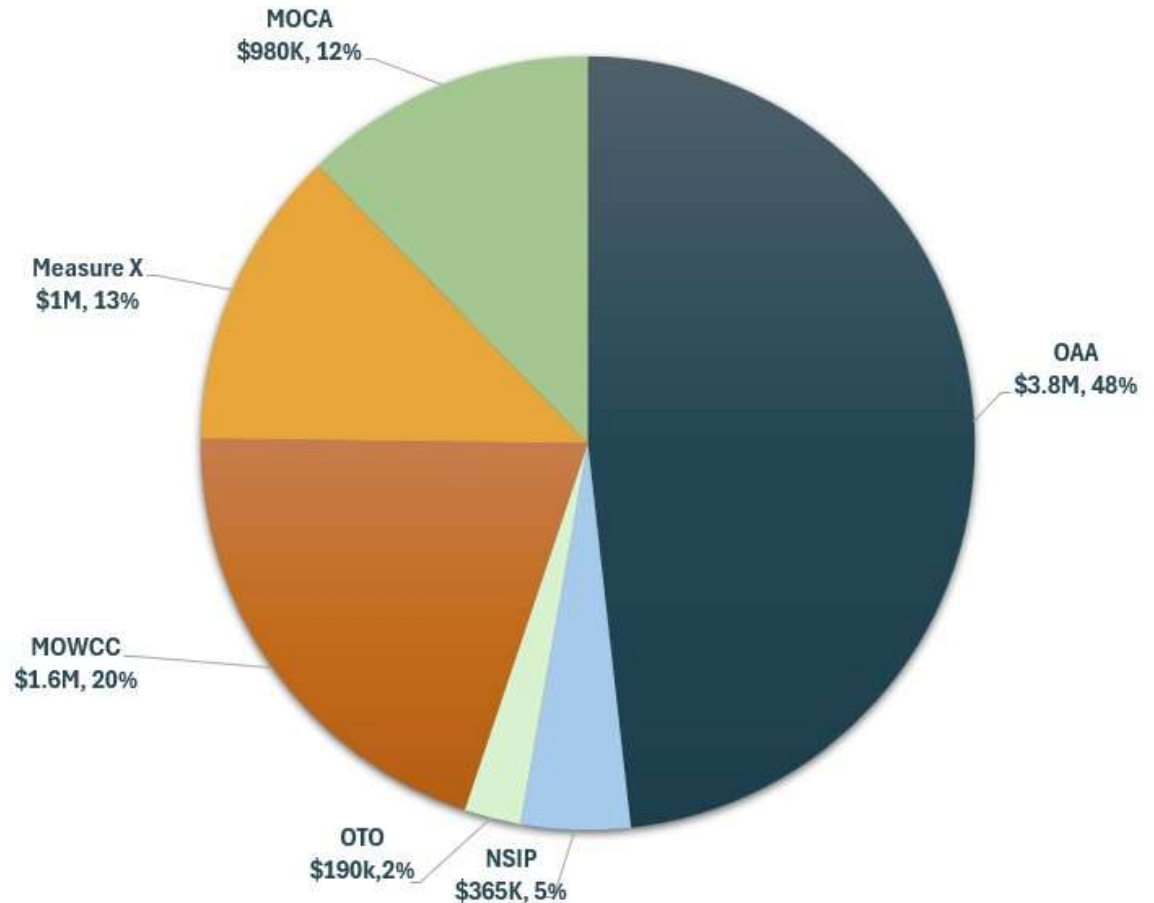
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Funding

- The SNP is also the most **diversely-funded** program in the AAA.
- Though the OAA provides the core funding for the program, **additional funding includes:**
 - Modernizing Older Californians Act (MOCA)
 - Measure X
 - Meals on Wheel of Contra Costa (MOWCC) Annual Pledge
 - Nutrition Services Incentive Program (NSIP)
 - One-Time Only (OTO)

FY 25-26 Senior Nutrition Program Funding: \$7.9M



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The SNP Team



Jenn Gomes-Figueira
Clerk



Jeanne Polk
Registered Dietitian



Thomas Weisbrich
Program Analyst

Congregate Meal Program (C1)

The Congregate Meal Program (Title III-C1) provides meals to eligible older adults in a group settings to:

- Reduce food insecurity
 - Provide nutritious meals
 - Improve nutrition education
 - Promote socialization
 - Connect with activities, resources, opportunities
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- Contra Costa County administers the congregate meal program through our countywide “**Café Costa**” program.



Welcome to Café Costa!

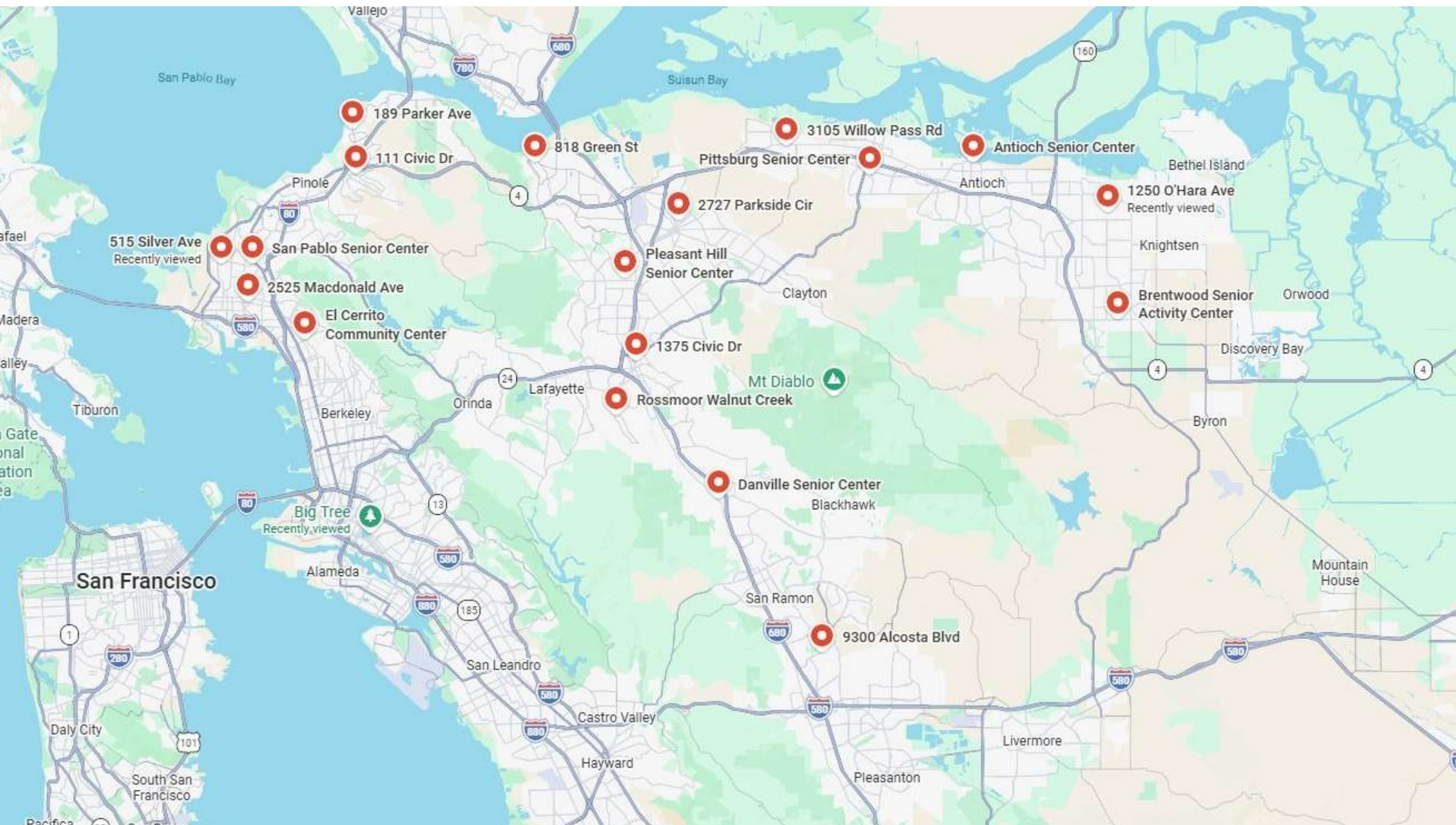




About Café Costa

- Café Costa is Contra Costa County's senior nutrition congregate meal program.
- Café Costa pairs with local non-profits and city agencies to host lunches for eligible seniors to provide nutritious meals and promote social engagement.
- Café Costa has 18 sites that operate throughout the county. Most sites operate Monday-Friday from 11am-1pm, with some variation.







Who can participate?

- Program eligibility includes:
 - Any adults 60 years-old and older
 - Accompanying guest under 60 who is a spouse
 - Accompanying guest under 60 who is disabled individual residing with them
- Eligible participants are encouraged to provide a suggested contribution of up to \$3.00, though no seniors are refused a meal for inability to contribute.
- All non-eligible guests are welcome to join, but are subject to a \$7.00 meal fee in order to dine.





About the Meals

- All menus are designed by AAA Registered Dietitian, Jeanne Polk, in coordination with Trio Community Meals.
- Meals are planned to be:
 - 1/3 of daily nutrition needs for calories, protein, fiber, vitamins, and minerals
 - Limited in sodium to support heart & overall health
 - Exciting and culturally diverse
- Meals are produced by our partner, Trio Community Meals, and delivered to café sites to be prepared and served by our community partners.



What's on the Menu: August 10th, 2026

Regular Menu

- Kalua Pork
- Spinach Salad with Balsamic Vinaigrette
- Broccoli
- Hawaiian Mac Salad
- Fresh Fruit
- Sherbet

Vegetarian

- Pinto Beans Valenciana with Brown Rice
- Brussel Sprouts
- Bean Medley
- Fresh Fruit
- Sherbet



More Than Just a Meal

- Beyond providing a nutritious meal, the Café Costa sites offers older adults with opportunities to:
 - Socialize and build community
 - Access nutrition education materials
 - Connect to local resources and healthy aging supports
 - Explore classes, exercise activities, and other senior center offerings

IIIC-2 Home-Delivered Meal Program

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Home-Delivered Meal Program (C2)

- **The Home-Delivered Meal Program** (Title III-C2) provides nutritious meals delivered to homebound older adults to support health, independence, and the ability to remain safely at home.
- Participants receive a delivery of **seven meals once weekly**, including two chilled and five frozen meals. Participants must be home to receive their meals, and this is also an opportunity for a **wellness check, socialization, and referral to resources as needed**.
- Similar to the Café Costa program, meals are planned to be:
 - 1/3 of daily nutrition needs for calories, protein, fiber, vitamins, and minerals
 - Limited in sodium to support heart & overall health
 - Exciting and culturally diverse

Eligibility

Eligibility requirement include:

- Individuals who are:
 - “Frail” as defined by OAA regulations (i.e. unable to perform 2+ Activities of Daily Living)
 - Homebound by reason of illness or disability
 - Otherwise isolated
- A spouse of a participant regardless of age or condition, if an assessment concludes that is in the best interest of the homebound older individual.
- An individual with a disability who resides at home with older individuals, if an assessment concludes that it is in the best interest of the homebound older individual who participates in the program.

Our HDM Partners

Meals on Wheels Diablo Region (MOWDR):

- The County's primary and largest home-delivered meal provider.
- MOWDR offers more than just meals, they also offer:
 - Fall Prevention classes
 - Home safety assessments
 - Health & wellness classes
 - Nutrition education & healthy aging workshops
 - Friendly visitor/caller programs
 - Care management

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Our HDM Partners

J-Sei:

- The county's culturally-tailored meal program. J-Sei's drivers deliver hot, nutritious Japanese cuisine lunches Monday through Friday.
- J-Sei's services are tailored towards the AAPI community but are welcome to all.
- August 10th, 2026 Menu:
 - Buta Dofu (sliced pork & tofu)
 - Steamed Mustard Greens
 - Cabbage & Carrot Salad
 - Pluot

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Our HDM Partners

Trio Community Meals:

- Trio Community Meals is the production kitchen for both the Café Costa programs and Meals on Wheels Diablo Region home-delivered meal program.
- Trio produces over 3,000 meals per service day and are dedicated to food safety, dynamic meals, and are highly responsive to program need.
- Trio works closely with AAA Registered Dietitian, Jeanne Polk, to ensure meals are nutritious, interesting, and culturally-diverse.

FY 25-26 in Numbers

Congregate Meals:



140,560 Meals



3,942 Participants

Home-Delivered Meals:



714,986 Meals



3,529 Participants

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SENIOR FARMERS' MARKET NUTRITION PROGRAM



The **SFMNP** is a federally funded program administered by the California Department of Food and Agriculture (CDFA).

It provides eligible low-income seniors with benefits that **can be used to purchase locally grown fruits, vegetables, honey, and fresh-cut herbs** at authorized Farmers' Markets.

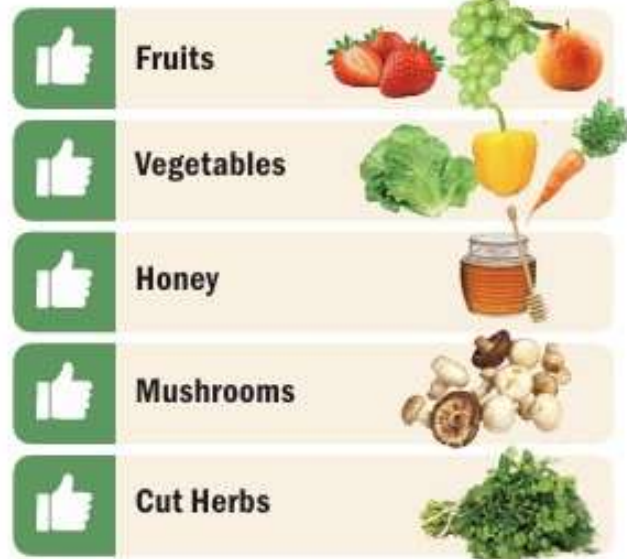
CDFA partners with **Area Agencies on Aging and local organizations** to serve as enrollment hubs, where participants can sign up and receive their benefit cards.

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Benefits: Qualifying Items

Allowed Foods



Prohibited Foods



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Senior Farmers' Market Nutrition Program

- The AAA partners with local non-profits and agencies to distribute benefits throughout the county each summer.
- Participants receive a one-time \$50 electronic benefit card that can be used at 16 participating farmers' markets in Contra Costa County.
- 700 cards are to be distributed -- due to immense popularity and limited cards, the program struggles to keep up with demand, and many enrollment sites exhaust their card supply within hours of opening to the public.

Current Affairs & FY26-27 Changes

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Café Costa Meal Caps

- Due to the immense popularity of the Café Costa program and the limited funding available, all café programs are required to implement meal caps as of July 1st, 2026.
- Each café is allocated a finite number of meals and are expected limit daily dining reservations. While it is difficult to limit the number of diners, this approach ensures consistent programing for the most in-need and aims to prevent program closures.
- The AAA is actively exploring additional funding sources and encouraging sites to utilize grants and city funding to supplement their meal caps.

Home-Delivered Meals

- Both MOWDR and J-Sei maintain ongoing waitlists, as the county collectively has 600+ individuals waiting for HDM services.
- Due to demand, AAA & MOWDR have made the difficult decision to transition to from seven to six meals per week, effective Monday August 31st, 2026.
- This change will allow for approximately 400 individuals on the waitlist to begin receiving services.

Current Affairs & FY26-27 Changes

- Changes to Future Funding:
 - MOCA (\$980k) expires in FY 27-28
 - Nutrition MX reduces from \$1M to \$500k in FY 27-28
 - CDA's proposed Intrastate Funding Formula could impact baseline OAA funding if passed
 - MOWDR was awarded one-time ARPA funds of 1.5M to be used for food insecurity for FY 26-28

Key Takeaways for the Future the SNP

- Demand for IIC Senior Nutrition Programs are at an all-time high due to the combination of successful programming, growing aging demographics, and the shifting social services landscape.
- IIC programs are at capacity, and AAA staff and community partners are exploring creative solutions to manage high demand and identify additional resources.
- The IIC Senior Nutrition Program is comprised of numerous funding sources, which are expected to change in years to come.

Thank You!

Questions?

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