



Expanding Senior Nutrition Access through Strategic Partnerships



PANEL



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OVERVIEW

I. Introductions

- Aging & Independence Service – Local Area Agency on Aging (PSA 23)
- Meals on Wheels San Diego County

II. Partnership Spotlights

- Borrego Springs – Rural response and collaboration
- Glenner Centers – Memory care and meal solutions
- San Pasqual Tribe – Overcoming infrastructure gaps
- UWEAST – Culturally relevant meals

III. Summary and Key Takeaways



LIVE WELL
SAN DIEGO

AGING & INDEPENDENCE SERVICES

AREA PLAN 2024-2028

PSA #23

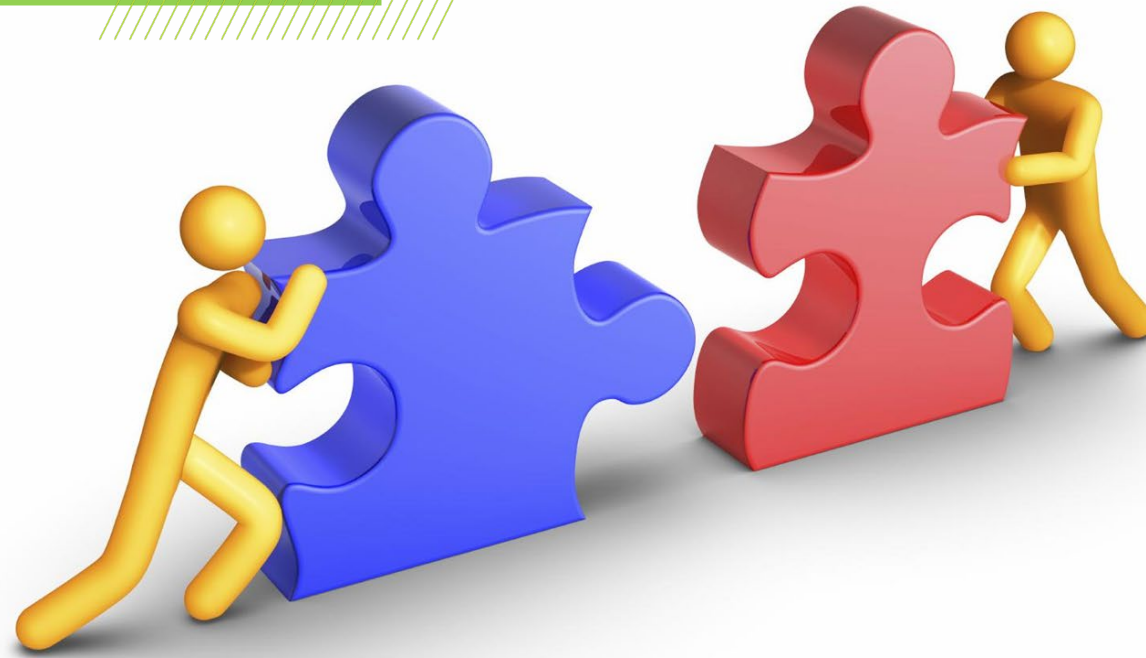


OLDER CALIFORNIANS' NUTRITION PROGRAM

- 12 Contracted Partners
- Congregate meal sites
- Home-delivered meals
- Take-Home meals
- Total served = over 1.8 million meals annually



AIS-MOWSDC PARTNERSHIP



Partnership History
Current Contract
Support and Collaboration

MEALS ON WHEELS SAN DIEGO COUNTY

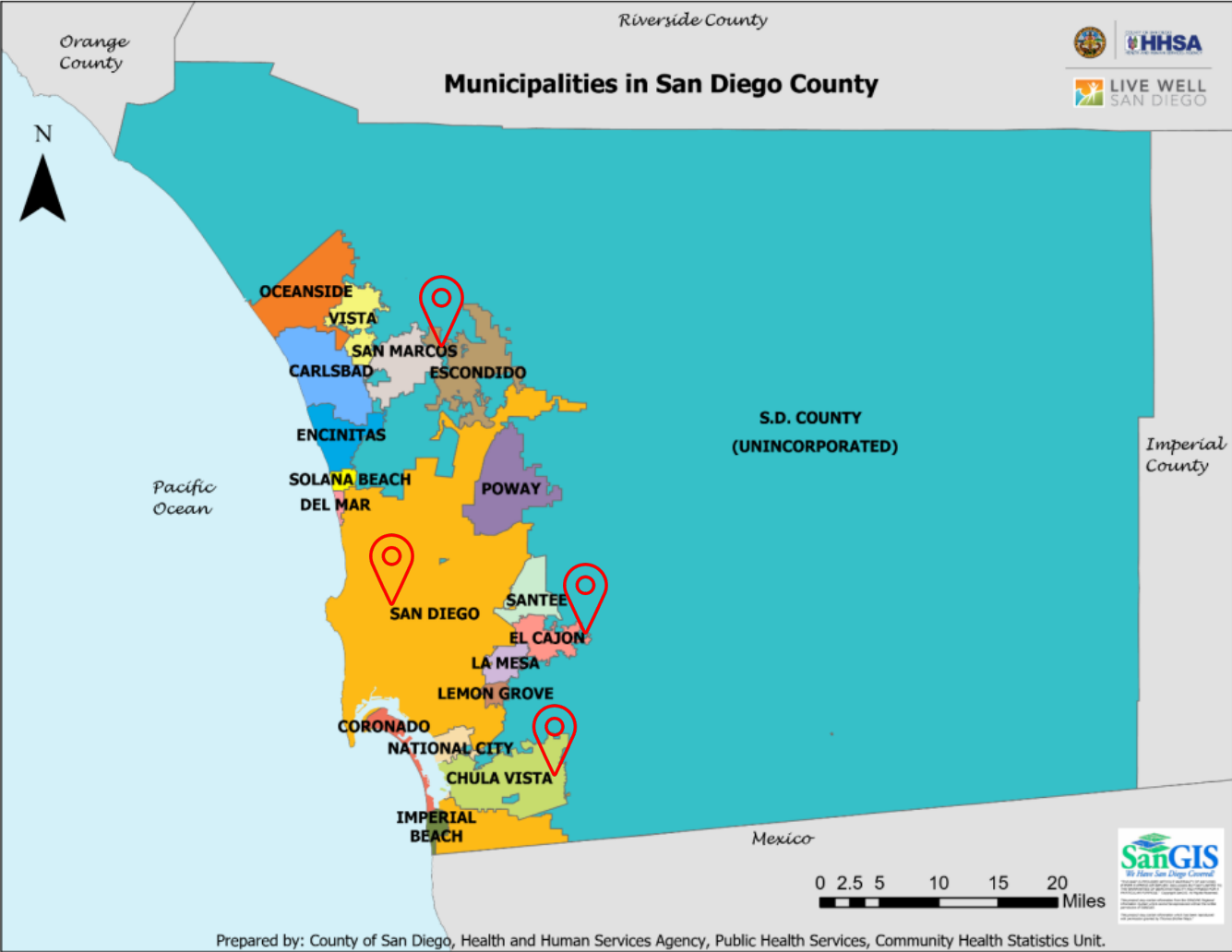


- Who we are
- Who we serve



MEALS ON WHEELS SAN DIEGO COUNTY

- Where we serve



MEALS ON WHEELS SAN DIEGO COUNTY



- Power of the people!



MEALS ON WHEELS SAN DIEGO COUNTY



- Programmatic Overview
- Earned and Contributed Revenue



MEALS ON WHEELS SAN DIEGO COUNTY

- New Home for MOWSDC

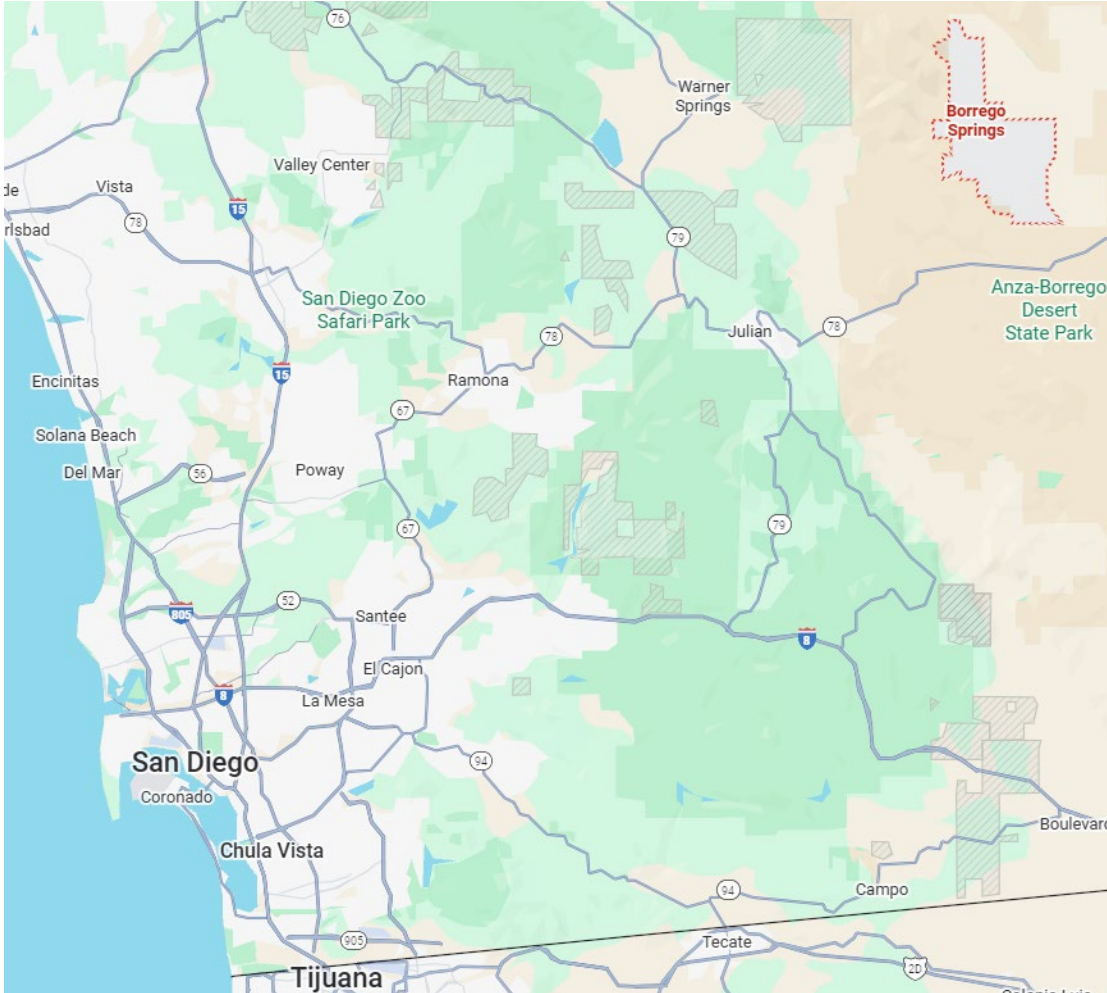




BORREGO SPRINGS
YOUTH AND SENIORS CENTER

Meals on Wheels San Diego Borrego Springs Youth and Senior Center

Overcoming challenges to accessing nutrition programs in rural areas



Program Overview:

- Rural community of San Diego County
- Uncovered area after AAA's procurement
- Small organization without the infrastructure to independently meet needs.
- 30 participants receiving home-delivered meals

Opportunity:

- Collaborative partnership to address the challenges of rural service delivery and meet the unique needs of the Borrego Springs community.

Challenges

- Rural delivery was a barrier to direct service
- Food storage capacity
- Short implementation timeline to avoid gap in service

Creative Solutions

- Subcontracting partnership
- Bulk weekly meal delivery to Borrego Springs Youth and Senior Center
- No interruption in service
- Continue established delivery route
- New partnership created opportunities for efficiency and resource sharing



Meals on Wheels San Diego George G. Glenner Centers

Expanding nutrition services to a vulnerable population

Program Overview

- Innovative day programs for older adults with Alzheimer's disease and other forms of dementia
- Long-time partnership with MOWSD to provide participant meals

Opportunities

- Evaluate for Title III-C eligibility
- Expand partnership to support a vulnerable population
- Align with shared missions

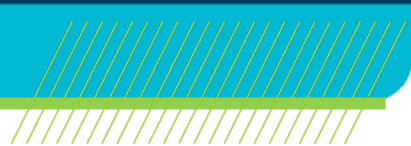


Challenges

- Funding eligibility and requirements
- Federal program parameters
- Vulnerable population

Creative Solutions

- Allowable for C2 meals to be delivered by the provider or picked up
- Funding requirements for C2 meals better meet the needs of the participants and the facility
- Quarterly reassessments completed onsite at time of delivery
- Participants have continued to receive meals, eligible as C2 or to-go.



Meals on Wheels San Diego San Pasqual Band of Mission Indians

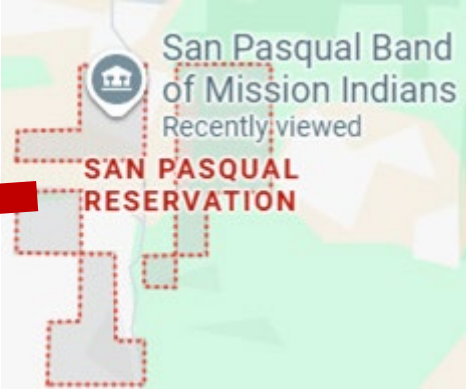
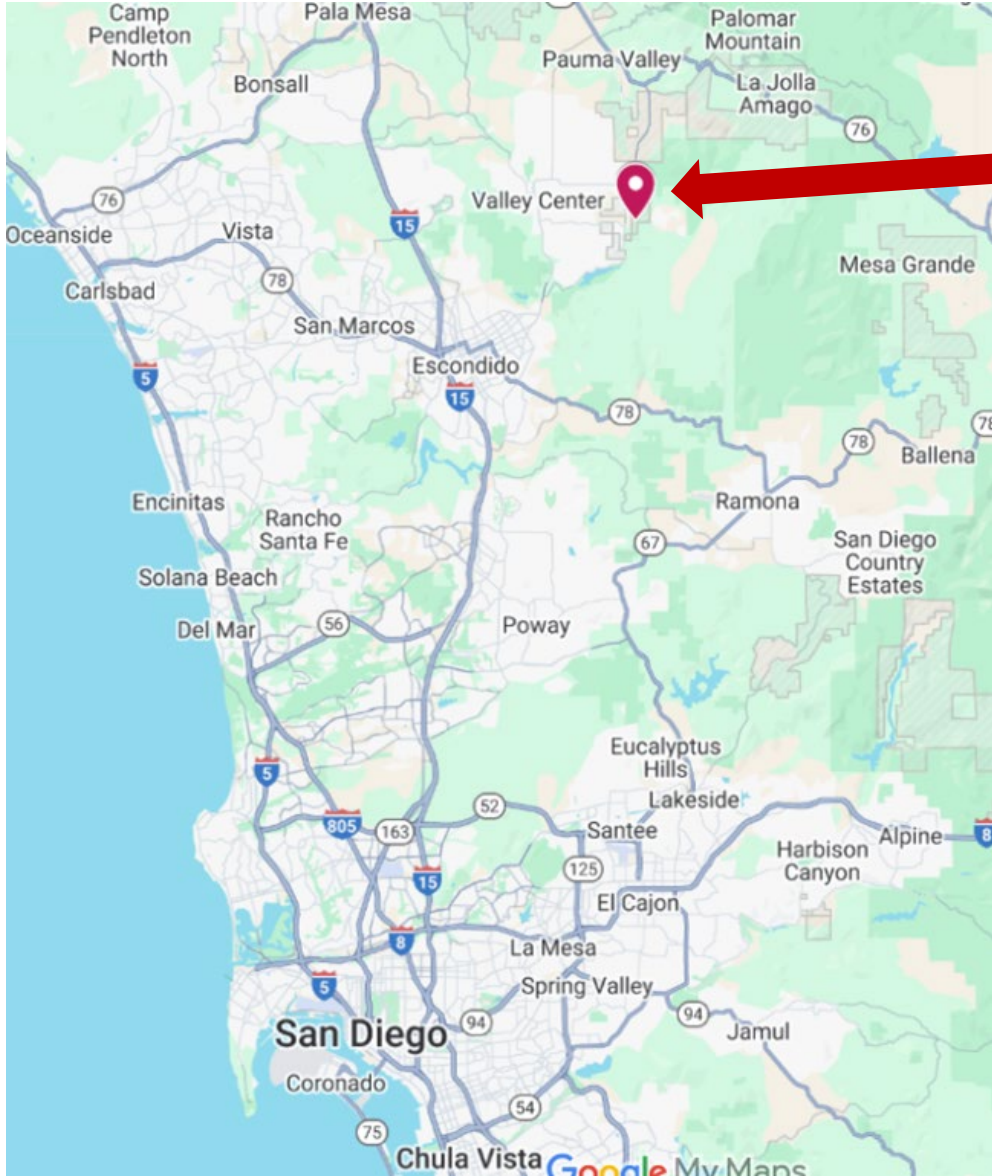
Expanding meal delivery to a previously unserved region

Program Overview

- MOW provides home delivered meals for the San Pasqual Band of Mission Indians, a Kumeyaay community in Northern San Diego County.
- This program delivers weekly meal packs to 31 seniors, ensuring consistent access to nutritious food.

Opportunities

- Reaching rural and tribal elders who were previously underserved or geographically isolated.



Challenges

- Limited Infrastructure
- Geographic Isolation
- Kitchen and Meal Prep

Creative Solutions

- Developed a dedicated rural delivery route to ensure consistent access despite long distances.
- Adapted the intake process so elders could enroll through a tribal representative instead of online or offsite forms.
- Expanded meal access for tribal elders in rural areas.
- Established a model for future tribal and rural partnerships.



Meals on Wheels San Diego United Women of East Africa

Fostering cultural exchange and centering cultural relevancy in a public health nutrition program

Program Overview

- United Women East Africa – SD based non-profit focused on health, education, and advocacy for the East African community
- UWEAST to prepare meals, MOWSDC to procure food and complete deliveries with UWEAST volunteers and staff.

Opportunities

- Expanded view of healthy eating
- Culturally relevant meals in a public nutrition program
- Access to public nutrition programs for smaller organizations



Languages

- Somali
- Amharic
- Swhahili
- Arabic
- Tigrinya
- Kizigula
- Dinka

Countries

- Ethiopia
- Somalia
- Eritrea
- South Sudan
- Kenya
- Uganda
- Rwanda
- Tanzania
- Djobouti
- DRC

Challenges

- Gathering nutritional information for oral recipes
- Maintaining cultural integrity and relevance
- Development of subcontract

Creative Solutions

- Culturally appropriate menu
- Blueprint for future partnerships
- Clear assignment of subcontract roles

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Protein	2 oz grilled beef	2 oz fish 2 hard boiled eggs	2oz grilled chicken	1 cup lentil stew	1 cup chicken stew (2 oz chicken)
Vegetable	½ cup red lentil and tomato stew	½ cup stewed collard greens	½ cup vegetable stew (cabbage, potato, carrot)	½ cup broccoli, cooked	½ cup vegetable stew (cabbage, potato, carrot)
Vegetable	½ cup sauteed spinach and carrot	2 pieces potato sambusa	1 cup fresh garden salad (romaine, tomato, onion, cucumber, dried cranberries)	½ cup sauteed spinach and carrots	1 cup fresh garden salad (romaine, tomato, onion, cucumber, dried cranberries)
Fruit	Whole orange	½ cup grapes	Whole banana	Whole apple	2 clementines
Grain	1 WW pita	½ cup ugali + WW pita	1 cup brown rice	Injera (50/50 teff +APF)	WW pita
Dairy and Fortified Soy Alternatives	1 cup Greek yogurt	8oz Lactaid	1 cup Greek yogurt	8oz Lactaid	1 cup Greek yogurt



QUESTIONS AND ANSWERS

