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## On Lok's 30th Street Senior Center Launches "Mission Nutrition" Community and Home-Delivered Meals Program to Support Popular Service For Seniors

**SAN FRANCISCO – (Nov. 8, 2018)** – *"I live alone and don't go out due to my disability. The Mission Nutrition meal delivery service has greatly improved my life. I've taken care of people all my life and now someone is taking care of me. Life is good when Mission Nutrition arrives!"*  
- Celia P., home-delivered meal participant



[On Lok](#), the San Francisco-based senior healthcare organization, today unveiled "Mission Nutrition" – an initiative to support its popular community and home-delivered meals program run by the 30th Street Senior Center. The service, which began in 1979, provides vital nourishment to nearly 3,000 low-income, diverse San Francisco seniors who are susceptible to hunger and the health problems associated with poor nutrition. Forty percent of seniors (average age of 85) served live alone, come from diverse cultural and ethnic backgrounds and 83 percent are very low income. Each year, Mission Nutrition serves more than 88,000 meals at On Lok's 30th Street Senior Center and five other dining sites in the city. Another 130,000 are packaged and delivered to nearly 350 homebound seniors every year.

"Nutrition is the most basic requirement for survival, strength and good health," said Valorie Villela, director of the 30th Street Senior Center. "It's an important step in giving older adults access to something they need in order to live at home and in their communities for as long as possible. Mission Nutrition is one of the last buffers between independent living and institutionalized care. We're proud of our efforts to provide healthy and hot meals – made with love – to people who need it most."



Valorie Villela,  
Director of 30th Street  
Senior Center

### **HOW IT WORKS**

30th Street Senior Center is the hub for Mission Nutrition as all meals are prepared in the onsite kitchen. Meals are made from scratch daily and reflect a wide variety of food traditions, including Latin American, Asian and American cuisines. Monthly menus include dishes befitting holidays and other special events. The program consists of two services: the Home-Delivered Meals Program and the Community Meals Program.

The **Home-Delivered Meals Program** currently offers a vital lifeline for nearly 250 San Francisco seniors – which represents just a fraction of qualified local residents who can benefit. Five times per week, participants receive two meals per day in the form of one hot meal and a supplemental meal consisting of alternating nutritious breakfast and lunch-portioned items. At the end of the week, they also receive frozen meals for Saturday and Sunday. Meals are prepared with each senior's nutritional requirements, including modified diets.

Seniors participating in the program might require institutionalization if it was not for the nutrition and daily well-being check they receive during each visit. Meal delivery drivers not only provide them with daily visitation and regular human contact, but they are also trained to recognize signs of neglect, self-neglect or abuse. The program is the second largest home delivered meal provider in San Francisco. Mission Nutrition's priority is to

deliver hot meals and focus on individually portioned fresh fruits and vegetables that are difficult for homebound seniors to obtain. Hot meals are also served on Thanksgiving and Christmas.

The **Community Meals Program** provides seniors with hot, balanced meals at six dining sites around San Francisco, the largest of which is at 30th Street Senior Center. In addition, dining room participants have the opportunity to eat in a community setting where they can socialize. These simple actions lead to healthier living and more wholesome dietary practices.

### **FULFILLING A VITAL NEED**

Food insecurity in the Bay Area continues to grow because of the high cost of living and the increasing number of homeless older adults. Seniors' advancing age makes them susceptible to food insecurity, hunger and the health problems associated with poor diets. Even for those who receive vouchers for groceries, going out to shop or making a meal from scratch can still be a challenge. According to the San Francisco Office of Aging, one year of home-delivered meals costs about the same as one day in a hospital.



"Nutrition is a need that we take to heart," said On Lok CEO, Grace Li. "At its core, Mission Nutrition promotes a broader understanding of wellness. The Community Meals Program helps connect seniors to each other and to our dedicated staff, while the Home-Delivered Meals Program provides both a helpful service and a safety net for homebound seniors. Mission Nutrition allows us to achieve our goal of nourishing souls and minds with companionship and human interaction. One of our priorities as an organization is to enable seniors to live full, independent lives for as long as possible. Mission Nutrition is an integral component to fulfilling this objective."

Mission Nutrition is partially funded by the City of San Francisco, with seniors referred by the City and County of San Francisco Department of Aging and Adult Services (DAAS). It currently operates in the southern half of the City.

### **FOOD + COMPANIONSHIP NOURISH THE MIND AND SOUL**



*Mission Nutrition community meal participants in the 30th Street Senior Center dining room. Seated, from left, Bertha Vasquez and Jeannie Wisner with (standing, from left) site coordinator Martha Pineda and volunteer Esther Hurtado.*

The majority of Mission Nutrition participants are independent elders like Jeannie Wisner. She can't afford day care and regularly attends the 30th Street Senior Center, where she enjoys dining in a social setting.

"The meal is excellent. If I didn't eat here, I'd have to buy cheap, unhealthy food," she said. "I've also made a lot of friends. I'm so thankful to be part of the 30th Street community. I feel at home when I'm here." After lunch, Jeannie uses the computer lab until 4 p.m., when the paratransit picks her up and takes her home. 30th Street Senior Center is more than a place where she can eat and spend a fulfilling afternoon. It's become a vital part of her life.

**Media, please note:** For more information about Mission

Nutrition, hi-res images or to speak with Grace Li, Valorie Villela or a senior participant, please contact Craig MacLellan at (415) 359-2306 or [onlok@landispr.com](mailto:onlok@landispr.com).

**About On Lok, Inc.**

On Lok is a family of nonprofit organizations founded in the early 1970s by a group of citizens concerned about the plight of seniors and the lack of long-term care options in the community. With 46 years of history and experience both creating innovative models of care and serving diverse senior communities through integrated health and social services, On Lok has a wide-reaching experience base and is a trusted partner in its communities. On Lok serves seniors in the community through its affiliated organizations, including On Lok Lifeways, 30th Street Senior Center, Care At Home and more. For more information, please visit [www.onlok.org](http://www.onlok.org).

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