

# **Central Coast Commission for Senior Citizens Area Agency on Aging**

announces the release of a  
Request For Proposal for  
Elderly Nutrition Services  
services authorized by the Older Americans Act.  
The services to be funded are:

**Congregate Meals:** A meal provided to an eligible individual in a congregate group setting, that meets all of the requirements of the Older Americans Act and State/Local laws, and assures a minimum one-third of the Dietary Reference Intake, and shall comply with Dietary Guidelines for Americans.

**Home delivered Meals:** A meal provided to an eligible individual in his or her place of residence, that meets all of the requirements of the Older Americans Act and State/Local laws, assures a minimum one third of the current Dietary Reference Intake, and shall comply with Dietary Guidelines for Americans.

**Nutrition education:** A program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information and instruction to participants, caregivers, or participants in a group or individual setting overseen by a dietitian or individual of comparable expertise. Methods of education may include demonstrations, audio-visual presentations, or small group discussions for congregate program participants. Handout materials may be used, but not limited to, as the sole education component for home-delivered meal program participants. Unit of service: one session per participant.

\$466,650 in Title IIIC 2 monies for the provision of 89,000 Home delivered Meals to 350 senior citizens residing in Santa Barbara County.

\$245,000 in Title IIIC 1 monies for the provision of 47,674 meals to 250 senior citizens at congregate meal sites in Santa Barbara County. During the COVID 19 pandemic period, this service is provided through the delivery of meals to eligible congregate meal clients at their residence. The date for the opening of congregate meal service at congregate meal sites is unknown.

\$1,504 in Title IIIC 1 monies for the provision of 56 sessions of nutrition education presentations (provided quarterly) at congregate meal sites and delivery of nutrition education information to HDM clients using the Title 22 required topics and those selected by the clients to 500 senior citizens. During the COVID 19 period, all nutrition education services are provided through delivery to the participant's residence.

Applications for these services will be available at  
an Applicants Conference,  
Monday, May 24, 2021 at 2:00 p.m. via Zoom.  
Applications are due June 11, 2021.

For additional information or the Zoom information, contact the  
Area Agency on Aging at 805-925-9554 or [seniors@KCBX.net](mailto:seniors@KCBX.net).

**Area  
Agency on  
Aging** | San Luis  
Obispo and  
Santa Barbara  
Counties