

# **Elderly Nutrition Program Congregate Nutrition Program Narrative Older Americans Act Title IIIC-2**

## **Services Description**

CDA administers the Older Americans Act Elderly Nutrition Program (ENP) services through the area agencies on aging and their service providers. The ENP helps older adults remain independent and in their communities. Meals must meet nutritional standards by incorporating the Dietary Guidelines for Americans and providing a minimum of one-third of the Dietary Reference Intakes (DRIs). Meals must also meet the Nutrition Services Incentive Program (NSIP) requirements.

**The Home-Delivered Nutrition Program** (Title IIIC-2) provides nutritious meals and nutrition risk screening to individuals, age 60+, who are homebound by reason of illness or disability, or who are otherwise isolated. Program goals are targeted to the reduction of social isolation, the promotion of better health through nutrition and provide links to other supportive services. Most home-delivered meal programs provide their clients with a hot meal five days a week delivered by staff or volunteer drivers. In addition, nutrition education is provided by A12AA.

**Benefits of program** – Providing meals to homebound eligible individuals can facilitate the individual's ability to remain independent in their homes. This assists in preventing premature institutionalization and its associated costs.

**Eligibility – Income:** no requirements; **Age:** age 60+; **Other:** eligible individuals must be age 60+, homebound by reason of illness, incapacity, disability, or are otherwise isolated. Spouses and unpaid caregivers of eligible participants, regardless of age, may also receive meals if it is beneficial to the participant. An individual with a disability who resides at home with an older individual may receive a meal if it is in the best interest of the homebound senior. The Older Americans Act (OAA) emphasizes serving individuals in greatest economic or social need, older individuals living in rural areas, and low-income minority older individuals. Voluntary contributions are accepted.

All guidelines below are available on the CDA website, [www.aging.ca.gov](http://www.aging.ca.gov)

## **Federal Guidelines**

- Older Americans Act Part C-Nutrition Service
- Dietary Guidelines for Americans
- Dietary Reference Intakes
- National Aging Program Information System (NAPIS) and State Program Report (SPR) - Reporting requirements for Title III and VII (May 2010)

## **State Guidelines**

- Title 22 - Table of Contents for Elderly Nutrition Program

- Title 22 CA Code of Regulations - Elderly Nutrition Program
- California Retail Food Code
- California Retail Food Code: Grandfather Clause for Pre-existing, Non-conforming structures & Equipment
- The CDA Service Category and Data Dictionary is the governing document which defines each Title IIIB Service Category (July, 2018)
- PM 21-19 Menu Guidance for the Title III-C Older Californians Nutrition Program with the Dietary Guidelines for Americans, 2020-2025
- CDA Title III Intake Form Guide, [www.aging.ca.gov](http://www.aging.ca.gov)

## Program Memorandum

- PM 10-09(P) Nutrition Services Incentive Program Allocation Methodology Clarification
- PM 10-08(P) Changes to the California Retail Food Code
- PM 10-07(P) New Service Categories and Data Dictionary. Revisions to the California Aging Reporting System Effective July 1, 2010
- PM 07-13(P) Elderly Nutrition Program Meals Compliance with Older Americans Act
- PM 06-11(P) Title III-C1 Meals for Adult Day Health Care Centers