

Elderly Nutrition Program

Congregate Nutrition Program Narrative

Older Americans Act Title III C-1 / C-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 in their homes and 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 Congregate Nutrition Program (Title IIIC-1) – A meal provided to an eligible individual and consumer while congregating in-person or virtually, that meets all the requirements of the Older Americans Act and State/Local laws, is provided by a qualified nutrition provider, contains a minimum one-third of the Dietary Reference Intakes, and complies with the Dietary Guidelines for Americans. Addresses dietary inadequacy and social isolation among individuals age 60+. The Program provides nutritious meals and nutrition risk screening. The program targets older individuals with the greatest economic or social need, with particular attention given to low-income minority, older individuals and older individuals living in rural areas. Meals incorporate the Dietary Guidelines for Americans and provide a minimum of one-third of the Dietary Reference Intakes. The program encourages the use of volunteers and gives all participants the opportunity to contribute to the meal cost. A12AA provides Nutrition Education.

Benefits of program – The purpose of the Congregate Program is to improve participants' dietary intakes and to offer opportunities to socialize, form new friendships and create informal support networks. Since adequate nutrition is critical to health, functioning, and the quality of life, the Program is an important component of home- and community-based services for older adults.

Eligibility – Income: no requirements; **Age:** age 60+; **Other:** also eligible for meals and other nutrition services are spouses of eligible participants, regardless of age, volunteers who provide needed services during meal service hours, individuals with disabilities who reside with older adults, and older individuals who live in senior housing facilities that provide congregate nutrition services. Voluntary contributions are accepted.

The Home-Delivered Nutrition Program (Title IIIC-2) – A meal provided to an eligible individual via home delivery or pick up and consumed at their place of residence or otherwise outside of in-person or virtual congregating that meets all of the requirements of the Older Americans Act and State/Local laws, is provided by a qualified nutrition provider, contains a minimum one-third of the Dietary Reference Intakes, and complies with the Dietary Guidelines for Americans. 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 reduce social isolation, the promotion of better health through nutrition and provide links to other supportive services. Most home-delivered meal programs provide clients with a hot meal five days a week delivered by staff or volunteer drivers. A12AA provides Nutrition Education.

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

Federal Guidelines

- Older Americans Act Part C-Nutrition Service
- [Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans](#)

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, 2025)
- CDA Title III Intake Form Guide, 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

Resources & Tools

- Guidance
 - [Emergency Food](#)
 - [Program Resources - Older Californians Nutrition Program - Providers & Partners | California Department of Aging - State of California](#)
 - [Prayer at Nutrition Sites](#)

- Records Retention
 - Take Home Meal Guidance
- Nutrition Program Resources
 - https://www.aging.ca.gov/Providers_and_Partners/Area_Agencies_on_Aging/Congregate_Nutrition/