



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

June 16, 2011

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MORE ON THE MENU FOR HOME-DELIVERED MEAL CLIENTS *County Seeks to Ensure Low-Income Homebound Seniors Have Fresh, Local Produce*

Homebound senior citizens could be enjoying the taste and health benefits of fresh fruits and vegetables in their home if the More on the Menu (MOM) fresh-produce program has its way.

The County of San Diego Health and Human Services Agency's Aging & Independence Services recently completed a pilot project providing a bag of fresh, locally-grown produce each week to older adult home-delivered meal clients in San Diego.

"The MOM fresh-produce program gives the homebound seniors healthier alternatives for snacks to supplement their daily meals," said Chairman Bill Horn of the County Board of Supervisors. "This program will make it easier for these seniors to prepare a balanced meal."

Research has shown the importance of adding more fresh fruits and vegetables to our diets—especially for those whose health is at risk. The MOM program hopes to provide homebound elderly and disabled persons access to more fresh produce all year long.

"Many older adults in our County face challenges obtaining fresh fruits and vegetables," said Nick Macchione, Director, Health and Human Services Agency. "The County's Live Well, San Diego! initiative is about providing opportunities to make healthy choices across all ages, and this program is an important component of bringing building better health to our homebound seniors."

The MOM program is seeking donations to support its goal of expanding the More on the Menu fresh-produce program to additional County home-delivered meal clients. Every dollar goes directly to the cost of the produce and its delivery.

The Gary and Mary West Foundation will be matching each donation dollar for dollar up to \$50,000 and the program administration is provided by the County of San Diego Health and Human Services Agency.

For more on the More on the Menu program visit www.GiveToMOM.org.

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