



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

November 2, 2021 | 1:00 PM

Virtual Meeting

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

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AGENDA

*Attachment

1. **Call to Order:** Susan Mallett, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 3)
2. **Authorization of Teleconferencing Meeting Option Pursuant to Government Code Section 54953(e)** (Action)*
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of August 31, 2021 Meeting Minutes (Action)*
4. **Subcommittee General Discussion:**
 - a. Online resources for senior nutrition data
 - b. Committee's focus for the coming months and possible guest speakers
5. **Next Meeting:** November 30, 2021 1:00 pm
6. **Adjournment**

*This meeting is public, and the location is ADA accessible.
If you are planning to attend and need special accommodations,
please call (858) 495-5885 at least three days in advance of the meeting.*

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

August 31, 2021 | 1:00 pm

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MINUTES

Members		Absent Members	Guests
Attendance:	Susan Mallett Jackie Simon John Osborne Rosemarie Bahmani (community member)	LaRue Fields Paul Monarrez	Shirley King Shelly Parks
Staff			
Item	Outcome		
1. Call to Order	Susan Mallett, Chair, (1:02 pm) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (3): (3 present)		
2. Standard Business	a. Public Comments/Announcements: Members or non-members: none b. Approval of June 1, 2021 Meeting Minutes (Action) [M/S-Simon/Mallett] 3 ayes Approval of July 6, 2021 meeting Minutes (Action) [M/S-Mallett/Simon] 3 ayes		
3. Guest Speaker Shelly Parks, LCSW, Director of Programs, San Diego Food Bank	<p>The food bank runs several programs using both public and private funding. During the COVID-19 Pandemic the need for food increased in all programs and typical food donation drives were not available due to the closure of schools and churches. Other sources of food arose as hotels and caterers cancelled events and weddings. 35 super food pantries were set up during COVID.</p> <p>The federal “my plate” guidelines were used in the Emergency Food Assistance Program providing frozen protein and fresh produce to families.</p> <p>A Diaper Bank Program, funded at \$3 million for 3 years through a bill sponsored by Lorena Gonzalez, distributed diapers to families with babies at food distribution sites, and through non-profits, hospitals, and day care centers. Discussion about the need for adult diapers as well, Ms. Parks noted their surveys suggest 62,000 low-income seniors experience incontinence.</p> <p>The food bank participates in two senior food programs, the federal USDA Commodities Food Program, providing a monthly 36 lb. food box to 15,000 low-income seniors. Team Rubicon, a veterans’ volunteer group, helped at the distribution sites and manned a call center. During COVID they learned about 800 seniors could not get to the distribution site and received home delivery through volunteers from Catholic Charities.</p> <p>Additionally, the food bank staffs a CalFresh Outreach call assistance line and their website contains a list of nonprofits that can help those needing assistance in applying for these benefits of \$234 a month to purchase food. Food can also be ordered online for home delivery using these funds. Also, SSI recipients are now eligible for CalFresh and they are trying to get the word out.</p> <p>A helpful website tool is accessed by selecting “Get Food”. A GPS locator map will list day and times of food distribution at sites near your location, city/zip code. Food Bank goal for future food distribution is to increase fresh produce to 50% from current 37%.</p>		
4. Next Meeting	November 2, 2021, 1:00 pm		
5. Adjournment	Meeting adjourned 1:55 pm		

Respectfully submitted by Rosemarie Bahmani