



# Are You A Senior Who Needs Nutrition Assistance?



## Criteria

***Seniors 60 years or older residing in Los Angeles County are eligible for the Elderly Nutrition Program.***

## **2 OPTIONS AVAILABLE FOR ELIGIBLE SENIORS:**

### **Option One:** Frozen Meals Pick Up or Delivery

7 days a week of frozen meals available for seniors who have means to store and warm up the frozen meals.

Delivered by City Staff on designated days of the week or  
Pick up by senior or his/her designee on assigned days.

### **Option Two:** Brown Bag Pick-Up

7 days a week

Available for seniors who don't have the means to store/warm up the frozen meals.

Brown Bag meal options available to those without the means to warm up frozen meals at:

**ADULT RECREATION CENTER, 201 East Colorado St, Glendale, CA 91205**  
Monday-Friday ONLY - 11:30 a.m.-12:30 p.m. on the East side of the building at Louise St. entrance.

**SPARR HEIGHTS COMMUNITY CENTER, 1613 Glencoe Way, Glendale, CA 91208**  
Monday-Friday ONLY - 11:30 a.m.-12:30 p.m. at Paloma Ave. entrance.

\*New Clients must fill out Universal Intake Form before receiving meals.

\*Availability is based on supply.

For information and inquires related to the Elderly Nutrition Program, please call (818) 548-3775  
or visit us at [www.glendaleca.gov/seniors](http://www.glendaleca.gov/seniors)