

Senior Nutrition Program

The Kern County Senior Nutrition Program is funded by Federal, State, and County funds. Senior Nutrition provides the following:

- Provide daily (Monday-Friday) noon meals, social activities, and information services in a congregate setting for senior citizens aged 60 and over.
- Cook and coordinate the delivery of meals to homebound seniors aged 60 and over, under the direction of a physician.
- Act as liaison, as needed, to direct seniors to other emergency services or providers.



Other Nutrition Services

Community Action Partnership
Of Kern Food Bank
(661) 398-4520

Catholic Charities
(661) 281-2130

Golden Empire Gleaners, Inc.
Senior Sack Program
(661) 324-2767

CalFresh Program
(877) 847-3663

KERN COUNTY AGING & ADULT SERVICES

5357 Truxtun Avenue
Bakersfield, CA 93309

Phone: (661) 868-1000
Toll Free: (800) 510-2020
Fax: (661) 868-1001
<http://www.kerncounty/aas>

Kern County Senior Nutrition Services Guide



Our mission is to provide services that protect, preserves the dignity, and supports the independence and safety of all older adults and disabled individuals in our community.

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Nutrition Services

Nutrition services provide a vital link in maintaining the health of older Californians by preventing premature institutionalization and improving their overall quality of life. Kern County's Senior Nutrition program services seniors 60 years of age or older, with preference given to those in greatest economic and medical need. Home delivered participants must be living independently with little or no family/caregiver support for the lunch time period. Participants are provided an opportunity to contribute to the cost of the meals at a suggested donation of \$3.00. Individuals are not denied service due to an inability to contribute to the program. Meals must meet nutritional standards by providing a minimum of one-third (1/3) of the Dietary Reference Intakes (DRI's). A Physician's Certification is requested for the program. Forms can be obtained by contacting the service provider for your residential area.

Senior Center Nutrition Sites

Bakersfield Senior Center
530 4th Street
(661) 325-7205

Ben Austin—Greenfield Senior Center
1751 McKee Road
(661) 742-3876

East Niles Senior Center
6601 Niles Street
(661) 363-8910

Rasmussen Senior Center
115 E. Roberts Lane
(661) 392-2030

Richard Prado Senior Center
2102 Ridge Road
(661) 342-8225

California City Senior Center
10221 Heather Avenue
(661) 221-3927

Delano Community Center
436 Jefferson St.
(661) 746-7838

Kern River Valley Senior Center
6409 Lake Isabella Blvd.
(661) 742-2109

Lamont Community Center
10300 San Diego Street
(661) 342-8225

Ridgecrest Senior Center
125 So. Warner
(661) 221-3414

Rosamond Senior Center
(Hummel Hall)
2500 20th Street West
(661) 221-3927

Senior Center Nutrition Sites (cont.)

Shafter Senior Center (W.C. Walker)
505 Sunset Avenue
(661) 746-7838

Taft Community Center
500 Cascade Place
(661) 747-1351

Tehachapi Senior Center
500 East "F" Street
(818) 438-4142

Wasco Senior Center
1280 Poplar Street
(661) 758-2755

Home Delivery Services

Arvin, Bakersfield, Bodfish, Boron, Buttonwillow, California City, Delano, Frazier Park, Inyokern, Kernville, Lake Isabella, Lamont, Lost Hills, Maricopa, McFarland, Mojave, Mt. Mesa, North Edwards, Onyx, Ridgecrest, Rosamond, Shafter, Southlake, Taft & Tehachapi, Wasco, Weldon & Wofford Heights

Contact:

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Email: domingosa@kerncounty.com

