

FOOD RESOURCES DURING THE COVID -19 CRISIS

Leisure World is dealing with a “new normal” since the Coronavirus came to our shores. Seniors have been encouraged to self-isolate and others who don't drive find themselves wondering how they will get food and other supplies during this challenging time.

Golden Rain Foundation is very much aware of this and has been working to put together information on resources available of which you may not be aware.

The Recreation Department has been speaking to the local markets regarding special hours or other accommodations for seniors. The situation is fluid, so check with the store for the latest information:

- Gelson's Market is open from 7 AM to 8 AM exclusively for seniors 65+. One caregiver per shopper is permitted. Proof of age required
- Pavilions is opening at 7:00 and asks that non seniors stay home till 9:00, but it is not enforceable. Product is limited.
- Ralph's is currently opening at 7:00 AM for seniors on a trial basis. We'll keep you apprised.

There will be onsite food service available daily, starting Sunday, March 21 every evening at Clubhouse 6 parking lot:

- Koffel's Taco Tuesday truck will be onsite 3 days a week, 5 to 7 PM, Sunday, Tuesday and Friday
- Viking Specialty Hot Dog truck tentatively is scheduled for Mondays (substitute possible)
- Gourmet Renee will provide American cuisine on Wednesday nights, 4 to 7 PM
- Domino's Pizza is here on Thursdays and also delivers, starting at 3:30 PM
- Lucille's Smokehouse BBQ will have their truck here 3/28; 4/4, and 4/11 from 4 to 6 PM

All information is subject to change as the food services are dependent on their suppliers. There may be longer wait times and a limited amount of meals. Be patient, as vendors learn the needs of the community and work with us to accommodate residents. Information will be posted daily on the electronic marquee at the corner of Golden Rain Rd. and St. Andrews. Dr.

We are also in touch with a number of volunteers who have stepped forward to assist Shareholders/Members with their shopping and errand needs. Contact the Recreation office at the number below to be matched to a volunteer. This is a free service, but any arrangements you make are between the two parties. GRF is simply sharing this information.

Are you aware that the Downtown Café in Building 5 is open for business? The vending machines are restocked daily with food and drinks for take-out. Due to social distancing rules, the tables and chairs have been removed temporarily.

Several local restaurants have reached out to us who now offer pickup and delivery service, some with specially priced menus with lower prices during this difficult time. Contact Recreation for information on specific restaurants.

If you are computer savvy and already shop online, Donna Gambol has put together some handy information, excerpted here from her Mutual One newsletter:

Instacart will deliver groceries for an annual fee of \$99 or each time you call on them.

Amazon Fresh is available to Prime members, featuring offerings from their **Whole Foods** stores, you can also take advantage of their monthly subscription fee.

Vons offers a simple ordering system through the internet with special promotions throughout the year.

Ralphs, Walmart, Target and even **Costco** offer both convenient pick up shopping or delivery right to your door. But again, remember that each of these stores are stressed right now and deliveries and shopping options may be significantly altered.

It's best to refer to their websites for the most up to date information.

If you love fruits and vegetables and want to help with community sustain- able agriculture (CSA) consider **Farm Fresh**, which too will deliver right to your door. They offer seasonal veggies and fruits you select online for as little as \$26 a box.

Residents can also take advantage of **Meals on Wheels*** which delivers prepared meals right to your door five days a week M-F at \$41.25/week (562-439-5000), or **Senior SERV** at \$5.25 per day M-F (714)-823-3294.

Meal Kit Delivery:

If you enjoy cooking consider a meal kit system which provides all the necessary ingredients to prepare home cooked meals with pre-proportioned ingredients, recipes, and step by step instructions.

These Meal Kit Delivery systems all operate in our area with starting prices per serving:

Blue Apron-\$9.99 Hello Fresh-\$8.99 Green Chef-\$11.99 Home Chef-\$7.99 Purple Carrot-\$11.99 Plated-\$11.95

Again, check their websites as information is changing daily.

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Below is specific information for those already on a meal plan or wishing to do so:

How can I continue to get food when my senior center is closed? And, since I am supposed to stay at home, can I have food delivered to me?

- Congregate meals which take place at senior centers throughout Orange County will be converted to take-home meals. Seniors age 60 and older can pick-up take-home meals from their local senior center. Please check with the below listed organizations for the most up to date information on locations near you.
- If seniors are current clients of the congregate lunch programs at the senior centers and need their food delivered to them instead, they can request this through the same organizations listed below North/Central County cities:

*MEALS ON WHEELS ORANGE COUNTY 714-220-0224 www.mealsonwheelsoc.org

ARRANGEMENTS HAVE BEEN MADE TO ENSURE ALL SENIORS ON OUR PROGRAM CONTINUE TO HAVE ACCESS TO FOOD

Specifically, the Office on Aging has:

- Implemented contingency plans to convert warm lunches served at senior centers in group settings to frozen take-home meals.

- Executed a plan to have take-home meals delivered to seniors' homes if they are unable or unwilling to pick up at the senior center.
- Implemented a process that allows take-home lunches from the senior center to be picked up by the seniors' designee.

- Ensured home delivered meals will continue without interruption. Deliveries will be less frequent and contain enough food for several days.
- Confirmed drivers have been trained to deliver food using safe distances and have been given gloves to use if seniors need food to be brought inside their homes. Any questions? Please call our Information & Assistance Call Center: 1-800-510-2020.

UPDATE FROM THE CITY OF SEAL BEACH –March 19, 2020 Office on Aging –Senior Meals – Meals on Wheels

- The City and County received a directive from the Office on Aging requesting that all congregate meals be delivered directly to participants in order to keep seniors in their homes. At this time, the City is passing out frozen meals in place of congregate meals that participants can take home and consume. We will distribute frozen meals that can be used for multiple days. On March 19, the City will receive another shipment of frozen meals for distribution. This delivery will consist of packages of 4 meals that will be distributed to each participant. To meet the directive from the Office on Aging, the City and Meals on Wheels staff will be contacting each registered participant to offer delivery of these meals to their home. We plan to fully implement this change by our next food delivery date of Tuesday, March 24. The meal package delivered on Tuesday, March 24 will consist of 5 meals. From that point forward, meals will only be delivered to the City once per week for those who traditionally participate in the congregate meals program. In addition to offering meals delivered to the home, Meals on Wheels will supply the City with additional shelf ready meals that can be stored at the North Seal Beach Center (3333 St. Cloud Drive) and picked up in person Monday through Friday. Staff will also store additional meals at the Seal Beach Senior Center (707 Electric Avenue) and can distribute those to any resident who needs them upon request.
- If any person who has not participated in Senior Meals in the past would like to be added to the program they can go to the North Seal Beach Center from 9-1PM on Monday through Friday to fill out an intake form. This requirement only needs to be completed one time. Once the intake form has been submitted staff can begin delivering frozen shelf ready meals. Also, if the person does not want deliveries to their home, they can send someone to pick the meals up at the North Seal Beach Center in their place.

*MEALS ON WHEELS OF LONG BEACH 562-439-5000 X2 or www.mowlb.org

- Delivering hot meals Monday through Friday
- Taking New Clients Now!

For information, email kathyt@lwsb.com or call 562-431-6586 ext. 398