

Join our program by:

Contacting us at
(209) 525-4670

to receive information on how
to join the program.

Items needed for first class:

Bring proof of income
Some form of identification.

Make Half Your Plates Fruits and Vegetables

**Daily recommendations of
fruits and vegetables for
those 51+ years old.**

The amount of fruit you need to
eat depends on age, sex, and level
of physical activity.

These amounts are appropriate for
individuals who get less than 30
minutes a day of moderate
physical activity, beyond normal
daily activities.

Sex	Fruits	Veggies
Women	1 1/2 Cups	2 Cups
Men	2 Cups	2 1/2 Cups

*Distribution and Presentation
Provided by:*

Healthy Aging Association

Our Programs

Fall Prevention Fitness Classes:

- Young at Heart Strength Training
- Tai Ji Quan: Moving for Better Balance
- Young at Heart S.T.E.P.S. Walking Challenge

Other Programs & Services:

- A Matter of Balance
- Dignity at Home—Fall Prevention
- Health and Nutrition Education
- Fall Prevention Education

Fruits and Vegetables Provided by



Program Sponsors



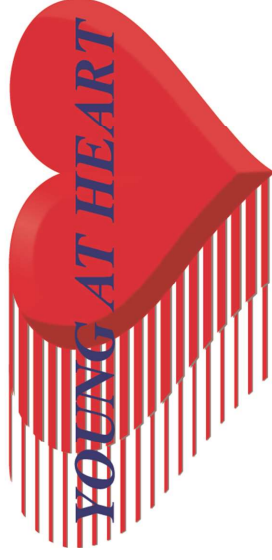
**KAISER
PERMANENTE®**



November 2023

Go Green for Seniors **Green Bag**

Healthy Aging Association



INVEST IN AGING
Fitness & Health Programs
Older, Wiser, Stronger

*The Green Bag Program
provides 10+ pounds of
fruits and vegetables
distributed to over 250
qualifying individuals once
a month throughout
Stanislaus County.*

(209) 525-4670

Healthy.aging2000@gmail.com

www.HealthyAgingAssociation.org

Stanislaus Green Bag

Requirements 2023-2024

(Gross income change annually)

1 At least 60 years old and/or Disabled

2 Must be present for the entire nutrition presentation.

At the end of the presentation, you will receive a bag of fruits and vegetables.

Only ONE bag per household

3 Meet Monthly Gross Income Requirements Per Household

- 1 Person - \$2,247 or less
- 2 People - \$3,040 or less
- 3 People - \$3,833 or less

ADDITIONAL PROGRAM DETAILS:

- Only ONE bag per household.
- Must be present for entire nutrition presentation.
- Can only attend ONE distribution location.
- ***Must call and reserve bag at least 24 hours in advance by calling (209) 525-4670***

2024 Modesto, Grayson, Patterson

Stanislaus Veterans Center

Near capacity - call to be added

3500 Coffee Road, Suite 15
Modesto, 95355
at 1:00 p.m.

Ralston Tower
900 17th Street,
Modesto, 95354

Residents Only - 1:15 p.m.

Grayson

United Community Center
8900 Laird Street,
Grayson, 95363
at 11:15 a.m.

Patterson Hammon

Senior Center
at capacity - waiting list
1033 W. Las Palmas Ave.
Patterson, 95363
at 12:45 p.m.

January 17

February 21

March 20

April 17

May 15

June 26*

July 17

August 21

September 18

October 16

November 20

December 18

**Falls during FOURTH week*

2024 Oakdale and Riverbank

Gladys L. Lemmons Senior

Community Center

450 East A Street, Oakdale
at 10:15 a.m.

Riverbank

Community Center

3600 Santa Fe Street, 95367
at 12:15 p.m.

January 18

February 22*

March 21

April 18

May 16

June 27*

July 18

August 22*

September 19

October 17

November 21

December 19

**Falls during FOURTH week*