

To Register

Please arrive at your selected location 15 minutes prior to the start time.

Bring proof of income and 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

Healthy Aging Association is a non-profit organization whose mission is *to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, and sound health and nutrition practices.*

Our Programs

Fall Prevention Fitness Classes:

Young at Heart Strength-Training

Low Impact Aerobics

Tai Chi

Young at Heart S.T.E.P.S.

Other Programs & Services:

A Matter of Balance

Health and Nutrition Education

Fall Prevention Education

Fruits and Vegetables Provided by:



November 2019

Go Green for Seniors **Green Bag**



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

Guidelines 2020

(Gross income change annually)

1 MEET GROSS INCOME REQUIREMENTS

1 Person Per Household

- Annual: Less than \$22,700
- Monthly: Less than \$1,892

2 People Per Household

- Annual: Less than \$25,950
- Monthly: Less than \$2,163

3 People Per Household

- Annual: Less than \$29,200
- Monthly: Less than \$2,433

4 People Per Household

- Annual: Less than \$32,400
- Monthly: Less than \$2,700

2 AT LEAST 60 YEARS OLD OR DISABLED.

3 MUST STAY FOR THE NUTRITION PRESENTATION.

4 ONLY ONE BAG PER HOUSEHOLD.

5 CAN ONLY ATTEND ONE DISTRIBUTION LOCATION.

Modesto, Grayson, Patterson

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

Ralston Tower
Call to Reserve your bag
900 17th Street,
Modesto, 95354
at 10:30 a.m.

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

Patterson Hammon Senior Ctr.
Call to Reserve your bag
1033 W. Las Palmas Ave.
Patterson, 95363
at 12:45 p.m.

January 15	February 12*	March 18	April 15
May 20	June 17	July 15	August 19
September 16	October 14*	November 18	December 16

**Falls on the SECOND Week*

Oakdale and Riverbank

**Gladys L. Lemmons Senior
Community Center**
450 East A Street, Oakdale
at 10:45 a.m.

Riverbank Community Center
Call to Reserve your bag
3600 Santa Fe Street, 95368
at 12:15 p.m.

January 16	February 13*	March 19	April 16
May 21	June 18	July 16	August 20
September 17	October 15	November 19	December 17

**Falls on the SECOND Week*