

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®**

July 2022

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

Requirements 2022-2023

(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 - \$2,325 or less

2 People - \$2,658 or less

3 People - \$2,992 or less

ADDITIONAL PROGRAM DETAILS:

- Can only attend ONE distribution location.
- *Must call and reserve bag at least 24 hours in advance by calling (209) 525-4670*

2022 Modesto, Grayson, Patterson

Stanislaus Veterans Center
at capacity - waiting list
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 19	February 16	March 16	April 20
May 18	June 15	July 20	August 17
September 21	October 19	November 16	December 14*

**Falls during the SECOND Week*

2022 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 20	February 17	March 17	April 21
May 19	June 16	July 21	August 18
September 22*	October 20	November 17	December 15

**Falls during FOURTH week*