Senior Nutrition, Food Security & Resilient Community Care Networks

Detailed demographic model, logistics architecture, and grant funding schedule. Companion to "Strengthening Senior Nutrition and Community Care in Fountain Valley".
Prepared September 2026. Expanding congregate and home-delivered meals at The Center at Founders Village, leveraging Older Americans Act Title III-C, CDBG public service grants, Meals on Wheels OC, and Second Harvest Food Bank OC.

Executive Summary

- **Fountain Valley Senior Demographics:** Over 21.4% of Fountain Valley's 55,000 residents are aged 65 and older—significantly higher than the California state average (15.2%) and Orange County average (16.1%). Approximately 2,100 seniors live alone on fixed Social Security incomes and face severe nutritional vulnerability due to grocery inflation.
- **The Nutrition & Isolation Nexus:** Malnutrition among older adults increases hospital readmissions by 300% and accelerates cognitive decline. Providing daily hot meals and social connection at The Center at Founders Village is one of the highest-ROI public health investments the city can support.
- **Expanding Congregate & Home-Delivered Capacity:** Modernizing the commercial kitchen at Founders Village to expand hot lunch capacity from 85 meals/day to 175 meals/day, while expanding Meals on Wheels home-delivery routes to serve 120 homebound, frail seniors five days a week.
- **Regional Logistics Partnership:** Partnering with Second Harvest Food Bank of Orange County to establish bi-weekly mobile food pantries at local park sites (Los Alamos Park, Mile Square Park perimeter) providing fresh produce and lean protein.
- **Non-General Fund Grant Stack:** The $340,000 annual operating expansion is financed through federal Older Americans Act (OAA Title III-C) allocations via the Orange County Office on Aging, Fountain Valley CDBG Public Service funds, and philanthropic foundation grants.

1. Demographic & Nutritional Need Analysis in Fountain Valley

U.S. Census Bureau American Community Survey (ACS 5-Year Estimates) and Orange County Health Care Agency data show a rapidly aging community with emerging pockets of senior food insecurity, particularly among older widows and non-English speaking households.

Demographic Indicator	Fountain Valley Value	Orange County Avg	California Avg	Nutritional Risk Factor
Population Age 65+	11,850 residents (21.4%)	16.1%	15.2%	High concentration of aging-in-place seniors
Seniors Living Alone	2,140 households (18.1%)	15.4%	16.8%	Elevated risk of social isolation and meal skipping
Seniors on Fixed Incomes (<$35k/yr)	1,820 residents (15.4%)	13.2%	14.9%	Acute vulnerability to grocery inflation (meat/produce)
Limited English Proficient Seniors	3,250 residents (27.4%)	24.1%	22.5%	Language barriers in accessing CalFresh / county benefits
Homebound Frail Seniors (Mobility Impaired)	940 residents (7.9%)	6.8%	7.2%	Dependent on volunteer home delivery networks

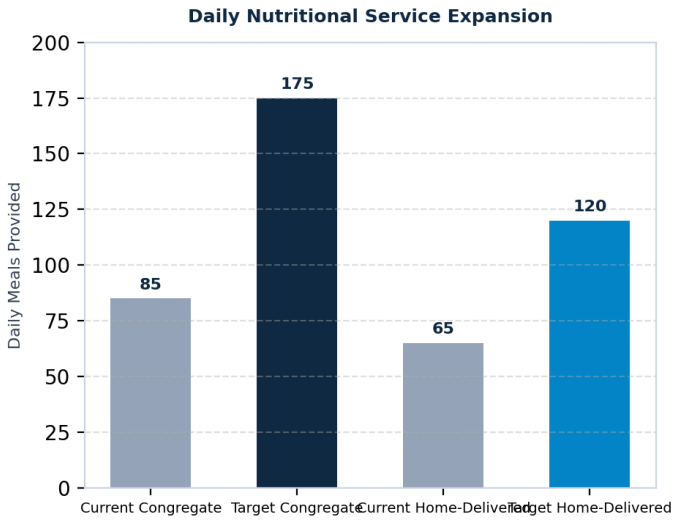
2. Operational Service Delivery Architecture

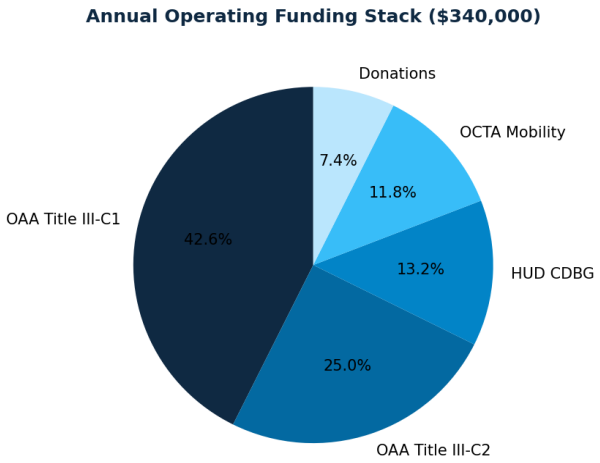
The expanded senior nutrition network operates through three integrated pillars coordinated by the Fountain Valley Community Services Department:

Program Pillar	Operating Facility / Venue	Current Daily Volume	Target Expanded Volume	Key Community Partner
Founders Village Congregate Lunch	The Center at Founders Village (Bushard St)	85 hot meals / day	175 hot meals / day	Meals on Wheels Orange County / City Staff
Home-Delivered Meals (Meals on Wheels)	Citywide doorstep delivery routes	65 homebound clients	120 homebound clients	Dedicated volunteer driver network
Mobile Fresh Food Pantry Hubs	Los Alamos Park & Heritage Park	1 mobile drop / month	2 mobile drops / month (fresh produce)	Second Harvest Food Bank Orange County
Senior Transportation Shuttle Service	Founders Village Senior Van Shuttle	35 daily passenger trips	75 daily passenger trips	OCTA Senior Mobility Program (SMP)

3. Annual Program Operating Budget & Grant Capital Stack

The program is structured to minimize municipal General Fund exposure by capturing 100% of available federal Older Americans Act entitlements and CDBG grants:





Revenue Source / Grant Mechanism	Statutory Authority	Annual Allocation	Target Expenditure
Older Americans Act (OAA Title III-C1)	42 U.S.C. § 3030e (Congregate Nutrition)	$145,000	Food procurement, chef & kitchen preparation
Older Americans Act (OAA Title III-C2)	42 U.S.C. § 3030f (Home-Delivered Meals)	$85,000	Cold-chain packaging, thermal carriers, route logistics
HUD CDBG Public Services Entitlement	24 CFR Part 570 (City 15% Cap)	$45,000	Kitchen equipment maintenance, sanitization
OCTA Senior Mobility Program (SMP)	Measure M2 Local Transit Allocation	$40,000	Senior shuttle fuel, vehicle maintenance, dispatch

Community Donations & Voluntary Contributions	Participant donations ($3.00 suggested)	$25,000	Special holiday meal enhancements & emergency food bags
Total Annual Nutrition Operating Budget	**Comprehensive Grant Stack**	**$340,000**	**100% Fully Funded via Grants & Dedicated Funds**

4. Statutory Authorities & Healthcare Citations

1. Older Americans Act of 1965, Title III-C: Grants for State and Community Programs on Aging (42 U.S.C. § 3030e-f).
2. Orange County Office on Aging (OCoA), Area Plan on Aging 2024-2028: Senior Nutrition & Wellness Priorities.
3. U.S. Department of Housing & Urban Development (HUD), 24 CFR Part 570: CDBG Public Service Eligibility Rules.
4. Orange County Transportation Authority (OCTA), Senior Mobility Program Guidelines (2025). https://www.octa.net
5. Second Harvest Food Bank of Orange County, Map the Meal Gap: Senior Food Insecurity in Central OC (2025).
6. Meals on Wheels Orange County, Comprehensive Service Delivery & Clinical Outcomes Report (2025).
7. National Council on Aging (NCOA), Economic Insecurity and Food Scarcity Among Older Adults (2024). https://www.ncoa.org
8. City of Fountain Valley, Annual Action Plan for CDBG Allocation FY2025-2026. https://www.fountainvalley.gov