



La Comida

The Impact of La Comida's Senior Lunch Program: By the Numbers

For over 52 years, La Comida has been a cornerstone of the Palo Alto community, providing nutritious meals and vital social connections to local seniors. Through our Senior Lunch Program, we serve thousands of meals annually, creating a welcoming space where seniors enjoy nutritious food and form meaningful relationships. Here's a look at the numbers behind our impact:



Serving Seniors for 52 Years

For over five decades, La Comida has been a lifeline for seniors, ensuring they receive nutritious meals in a warm, supportive environment.

- ✔ 65,000 meals served in 2023 across two Palo Alto sites
- ✔ From 170 meals/day pre-pandemic to 260 meals/day today
- ✔ 850 seniors served in 2023 alone



Helping the Most Vulnerable Members of the Community

Our Palo Alto senior meal programs reach the most vulnerable members of our community, providing them with consistent nutrition and essential support.

- ✔ 35% of our diners live alone
- ✔ 59% are aged 75+
- ✔ 41% live below the federal poverty level



Improving Health & Well-Being

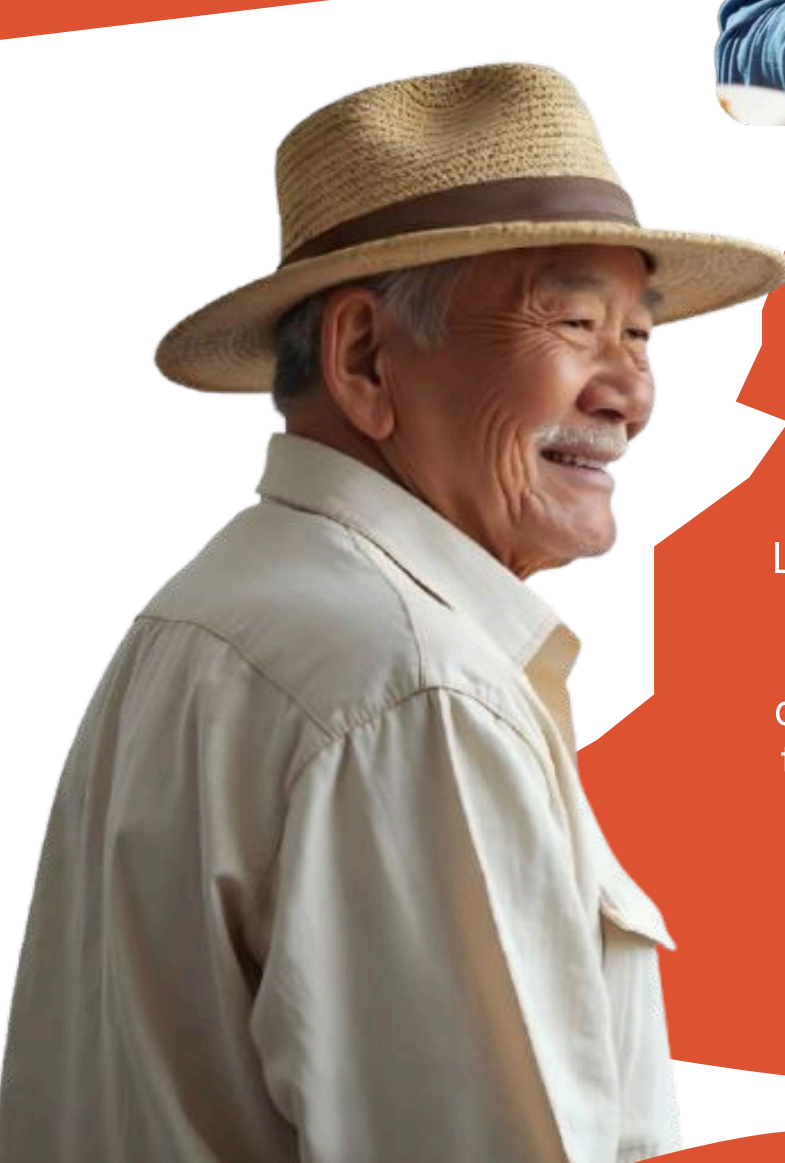
Our senior meal programs are about more than just food—they foster community and support healthier, happier lives.

- ✔ 96% of seniors report that La Comida helps them maintain physical health and mental well-being
- ✔ 95% of diners are satisfied or very satisfied with our meals



Reducing Senior Isolation & Promoting Socialization

La Comida provides not only nutritious meals but also essential social interaction. For 35% **who live alone**, daily lunches are often the highlight of their day, helping reduce isolation and improve overall quality of life.



The Power of Volunteers

Our dedicated volunteers are the backbone of La Comida, helping us maintain high-quality service and meaningful connections. Volunteering here is a way for seniors to give back, stay active, and engage with the community.

- ✔ 60 volunteers contribute over 9,500 hours annually
- ✔ 75% of our volunteers are seniors themselves



La Comida's Commitment: Building Food Security for Seniors

With no charge for meals, and only a voluntary \$3.00 donation per meal, La Comida helps ensure food security for seniors facing financial hardships. Our program bridges the gap between hunger and health, creating a vital safety net.

Help La Comida Build a Stronger, Healthier Community!

With your support—whether as a donor or volunteer—La Comida can continue nourishing the bodies and spirits of seniors in Palo Alto. Join us in making a lasting difference!



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ABOUT LA COMIDA

La Comida serves Palo Alto area seniors a delicious, warm, sit-down meal each weekday; provides a nurturing environment in which they can commune and build friendships; and contributes to their inclusion and belonging. La Comida is where friends and food meet.

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