

Join our program by:

Contacting us at
(209) 618-4720
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



scan
HEALTH PLAN

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) 618-4720

Healthy.aging2000@gmail.com
www.HealthyAgingAssociation.org

Stanislaus Green Bag

Requirements 2024-2025

(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) 618-4720***

2025 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 The Gathering Church
at capacity - waiting list
435 W. Las Palmas Ave.
Patterson, 95363 at 1:00 p.m.

January 15	February 19	March 19	April 16
May 21	June 11**	July 16	August 20
September 17	October 15	November 19	December 17

**Falls during SECOND week*

2025 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 16	February 20	March 20	April 17
May 22*	June 12**	July 17	August 21
September 18	October 16	November 20	December 18

**Falls during FOURTH week, **Falls on SECOND week*