



SHARE new mexico™

Senior Meals Program

Spectrum's Senior Nutrition Program is a healthy and convenient alternative to cooking, and offers freshly prepared, nutritious meals at 25 Alameda County locations. Our dining sites ease the burden of cooking and provide seniors with the opportunity to enjoy tasty food, meet new people, and participate in a variety of activities.

- A Healthy, freshly cooked meal planned by our Registered Dietitian
 - An atmosphere that promotes socialization with other seniors in a welcoming environment
 - At least 1/3 of your Dietary Reference Intakes (DRI) including fruits vegetables rich in Vitamin A & C
 - Daily alternative menu options include a hearty Chef Salad (chicken or vegetarian)
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Details

Ages: Seniors/elderly

Races: All

Genders: All

Intake Process: Call Email Online Application Walk-In

Documentation: Photo identification

Payment Options: No one is refused service due to inability to pay

Waiting List: Sometimes

Minimum Age: 60

Maximum Age: None

Contact: Beck Bruno

Contact Email: BBruno@SpectrumCS.org

Capacity: over 3,700 currently served

Services

Food Health Support/Education/Insurance Community Services

Locations

Spectrum Community Services

2621 Barrington Ct
Hayward, CA 94545

Phone: (510) 881-0300

Fax: (510) 537-3340

Hours: M-F 9:00 - 5:00

Languages Spoken:

Parent Organization

Spectrum Community Services

Founded in 1971, Spectrum Community Services is a registered, private non-profit organization that assists low-income individuals, families, and seniors in their efforts to live independently. We offer—in partnership with local service organizations—a wide variety of community programs and services. Our long history of family tutorials and community outreach has advanced our mission of promoting our clients' financial sustainability and improving the overall quality of their lives.

*2621 Barrington Ct.
Hayward, CA 94545*

Mailing:

*2621 Barrington Ct
Hayward, CA 94545*

Phone: (510) 881-0300

Primary Contact: Matthew Tanouye

Contact Email: admin@spectrumcs.org

Type: Nonprofit

EIN: 94-1748275

<http://www.spectrumcs.org/>