



# La Comida

City Council Meeting

May 17, 2021

[www.lacomida.com](http://www.lacomida.com)

# Key Points



La Comida: Founded in 1972

- Serving 1,700 Meals/Wk to Seniors w/Nutritional Needs
- Losing Downtown Location!!!
- Need PA City's Help Securing New Home in Downtown



*A delicious, warm, nutritiously-balanced meal  
each weekday*

*La Comida, Where Friends and Food Meet...And...*

A photograph of an elderly couple smiling and looking at each other in a social setting, likely a community center or restaurant. The woman is wearing a purple knit beanie and a black puffer jacket. The man is wearing glasses and a dark jacket over a grey shirt. The background is blurred, showing other people seated at tables.

Socialization improves **memory** and **longevity**,  
and reduces **stress** and **isolation** in seniors.



Sometimes it's the only time in the day that I visit with somebody else.

-Maxine Jones, La Comida Diner



# Only Senior Nutrition Program in PA

800 seniors

75,000 meals  
75% increase  
50% downtown

47% low income

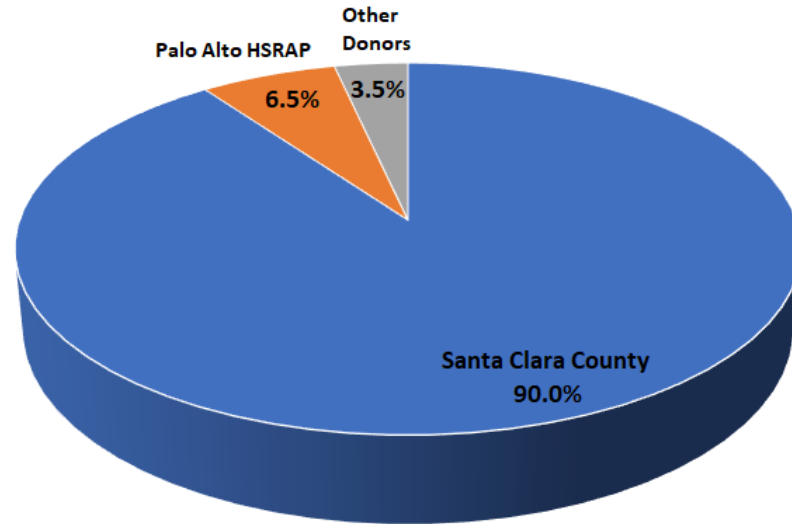
81% from Palo  
Alto

59% 75+ years

55 volunteers

# La Comida Funding

## Sources



# Pivot to Pandemic Model

- 75% Growth in Meals Served (310 Meals/Day)
- 130% Growth in Downtown Alone
- Seniors Needing Greater Nutritional Support
- Did Not Miss a Day!
- Added 2 “Locations”





# La Comida Current Situation

- Lease in Downtown ends May 31
- Permanent Downtown Home Needed
  - Avenidas Location & Facility are Ideal
  - Congregate Meal Seating for 80+ Diners
- Without a Downtown Location...
  - Growing Senior Food Insecurity Needs Unmet
  - Risks of Isolation & Reduced Social Support for Seniors near Downtown
- Continue to Serve Seniors from Stevenson House

# Ideal Home: Avenidas Building

- History - 40 Years at Avenidas
- Central Downtown Location
- All Senior Services Together
- Broader Use of City Owned Facility
- Benefits of Avenidas & La Comida Collaborating
- Stability for La Comida



# Next Steps

- City Council Please Help Secure Permanent Downtown Home
  - Avenidas is Ideal
- Request a Meeting Within 30 Days
  - Is there a key City contact?



