

SENIOR LUNCH PROGRAM
St. Mark's Episcopal Church – City Heights

Introduction: St. Mark's Episcopal Church has, for the last 100 years, been assisting residents of City Heights with the necessities of life, whether they are our parishioners or not. For several months we have been planning a lunch program to serve the large population of seniors who would benefit from such a program and who are within easy walking distance of St. Mark's. Because St. Mark's has years of experience in food distribution, we know the issues that must be considered in setting up such a program. We are collaborating with the Jewish Family Center to provide hot lunches every other week. The Episcopal Diocese of San Diego has given us a start-up grant of \$1000 for the program. But to continue it, we need further funding.

Budget: \$5000 will pay for over 830 lunches @ \$6.00 each. If about 32 seniors take advantage of this program every two weeks, the \$5000 would provide an entire year of services. Since the program is administered by volunteers, there is no cost other than that of the food itself and the small cost of the building utilities for the day.

Execution Plan and Timeline: The Jewish Family Center will prepare and deliver lunches to the church every other Friday, starting on July 12. To keep the process orderly, applicants will sign up for the program in advance. Since the program is for seniors 60 and above, applicants will need to provide proof of age when they sign up.

By having our lunch on one week, and using our food pantry the following week, our clients can enjoy nutritious food every week. Their diets can also be supplemented with fruits and vegetables from our free food distribution on the third Sunday of each month.