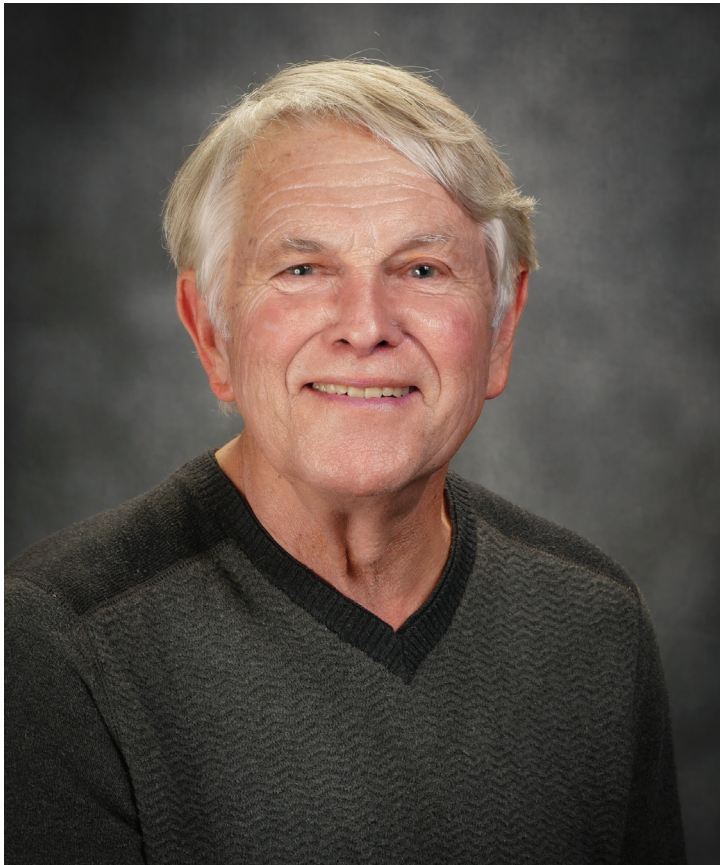




San Ramon Store Partnership Supports Scratch-Cooked Meals for Seniors and Low-Income Residents



Roland Freiberg | San Ramon Store San Ramon, CA

A Front End Team Member, Roland has worked with Spectrum Community Services Inc. for **many years** and currently sits on the board of directors as board secretary. This is the second year in a row he has secured a Community First Grant on behalf of the Hayward-based nonprofit. As the partnership deepens, Roland sees a **lot of potential**. “Whole Foods Market Team Members, Spectrum’s team and the community as a whole, **all benefit** from such relationships. I’ve been involved with Spectrum for over 30 years, and I know that the larger and stronger our partnerships, **the greater impact** we are able to have.” He hopes the partnership evolves beyond financial support to include more team members volunteering with Spectrum’s senior nutrition programs.

Spectrum Community Services spectrumcs.org

Spectrum Community Services’ mission is to **improve the health and safety of seniors** and low-income residents in Alameda County by enhancing their quality of life and helping them **age at home with dignity**. Their Senior Nutrition Program has two components: Senior Meals Program and the Meals on Wheels Program. Together, these two projects provide more than 117,000 nutritious meals each year to food-insecure, older adults. Spectrum is beginning to **transition from heat-and-serve processed meals** to healthier, scratch-cooked meals using real ingredients. They are also exploring how to incorporate many of their diverse community’s cultural and dietary staples. Whole Cities Foundation is proud to support Spectrum as they **strengthen their nutrition programing** and focus on serving nutritious meals from scratch.



Whole Foods Market Team Members can nominate a local nonprofit increasing access to fresh, healthy food or nutrition education for a \$5,000 grant.

WholeCitiesFoundation.org