



FULL PLATES



429 BRYANT STREET PALO ALTO, CA
455 EAST CHARLESTON RD PALO ALTO, CA

WWW.LACOMIDA.ORG

@LACOMIDADECALIFORNIA



Ribbon Cutting celebration of La Comida, featuring (L-R): Christina Hood, Chamber of Commerce Board President; La Comida Board Members Nancy Coupal and Tim DuBois; Palo Alto mayor Vicki Veenker; Lydia Kou, former mayor of Palo Alto; Bill Blodgett, President of La Comida Board of Directors; Deborah Grant, Executive Director of La Comida; and La Comida Program Managers Shyla Duarte and Mary Ruth Batchelder

A New Beginning Downtown

For over 50 years, La Comida has been serving the community. For many of those years, we had to move to different locations for our downtown service. We have officially found a permanent downtown home at 429 Bryant Street! The recent ribbon-cutting celebrated not just a new location, but a vibrant, intergenerational community hub that brings local youth and seniors together under one roof. The event spotlighted the building's dedicated youth center, paving the way for meaningful connection and collaboration across generations and the service center for La Comida.

As Tom DuBois, former Palo Alto Mayor and current La Comida Board Member, shared during the opening, "Today is not just a grand opening of a community center. Today is a profoundly historic milestone... **La Comida has finally found a home.**" After nine years of operating nomadically—an era DuBois described as the "Wilderness Years"—this permanent facility anchors the organization back downtown. "The wandering in the desert is officially over," DuBois noted. "Our stakes are driven deep into the ground. **Our foundation is secure.**"

Our new downtown location marks an important shift for La Comida; it highlights the need for our services within the Palo Alto community and allows for these critical services to be easily accessible. The downtown location is also right across the street from Avenidas, another nonprofit dedicated to senior programming. Throughout these shifts and even now in the celebration of the opening of our downtown location, we are committed to our foundational mission; to ensure that the seniors in the Palo Alto and surrounding communities are taken care of as they navigate the struggles of food insecurity. We are looking forward to working with our community to support our seniors.

This is an incredible milestone for La Comida and the community. **Thank you** to all of you who have supported us along the way. We could not be more excited about what's to come. **Let's celebrate the beginning of another era of community, care, and of course, La Comida.**



Musical Memories performing for the La Comida Ribbon Cutting

In addition to supplying seniors with the nutrition they need to have a healthy body, La Comida also nourishes the mind and soul by offering a space for seniors to spend time in community. We are proudly partnered with **Musical Memories Foundation**, which serves our seniors with live performances, music-focused workshops, and musical movement programs to **invigorate the mind and body**. Our seniors have the opportunity to attend free workshops and performances offered through our wonderful partnership.



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From the Desk of the Executive Director

As we close out another busy month at La Comida, I find myself reflecting on the incredible community that makes our work possible. I see the strong safety net that we form for older adults. La Comida, the City of Palo Alto, Santa Clara County, Gamble Gardens, Avenidas, local grocers like Safeway, Draeger's, Andronico's and Grocery Outlet - these are all the fabric in the tapestry of this safety net.

This month we opened our new downtown home in Palo Alto, launched our **"100 Days to \$100K"** spring campaign, served a nutritious lunch to an average of over 300 people each day, and honored our volunteers at a celebration at Channing House.

Summer is here and we are seeing more people lining up each day to get nourished with a healthy meal. More and more, we are hearing about seniors losing critical services, the rising costs that impact their decisions of whether to eat or buy medicine, struggles no one should have to face. This kind of anxiety that comes with uncertainty is impacting one in three seniors in our community each day.

While so much feels uncertain in our world today - one thing remains constant - **we are here when older adults need us**. June 2026 marked 54 years since La Comida opened. Your connection to La Comida and your investment in our work makes it all possible. Thank you for standing with us in this critical time. **You help us ensure that every older adult has access to the healthy food they need to thrive**. Every day, I witness the tangible difference the partnerships make in our community. Whether you volunteer, donate, or simply champion our cause, you are part of the driving force that helps us to show up each day. **We couldn't do this without you**.



With immense gratitude,
Deborah Grant
Executive Director



Everyone has a seat at the table at La Comida

Board Updates

La Comida is thrilled to welcome our newest Board Member, **Grace Mah**, who joined us this February! Grace brings a wealth of experience in leadership to our mission, having served for 17 years on the Santa Clara County Board of Education and as the former Board President of Stevenson House. Thank you, Grace, for your dedication to our community, and welcome to La Comida!

Comida Corner

Save the Date!

Two Strong, One Mission

(A Joint Fundraiser for Avenidas and La Comida) - Sept 24 at Mitchell Park Community Center. 4 - 6 pm

La Comida has joined with Avenidas, another nonprofit dedicated to serving seniors in our community. We will be hosting a fundraiser to support our two organizations. Drinks, entertainment, and a variety of cuisines from Palo Alto's favorite and diverse restaurants will be provided! For sponsorship information, please contact Deborah Grant at dgrant@lacomida.org



Grace Mah, the newest member of our La Comida family



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A Big 'Thank You!' to Our Newest Donors

We extend our deepest gratitude to our **new donors**: the Francis Noz Heritage Fund, Matt Edwards, and Anthony Edwards! Your generous support is vital in helping La Comida provide nutritious meals and a warm community for our local seniors. Thank you for standing with us and investing in our mission!



We Need a New Van!

For 20 years, our faithful 2004 Ford Econoline van has transported fresh produce, nutritious meals, and all essentials for La Comida throughout the county. While it has served us well over these many years, **we desperately need a new van to take over. Please help up get a new van** - we need the equivalent size of a Ford Econoline. If you can help, reach out to our Executive Director at dgrant@lacomida.org!



Our faithful van, limping along until we can find a replacement

La Comida Status Updates

Our goal? Zero Empty Plates for seniors in Palo Alto and the surrounding communities. Join us, learn more about how you can help!

100 Days to \$100k

We are well into our 100 Days to \$100k Campaign - and we are so close to our \$100k goal! With your help, we have been able to raise over \$60,000! But that means **we still have a ways to go**. Please support us in our goal and contribute to our final push in 100 Days to \$100k!

60%

Almost there! Scan the QR code to contribute!

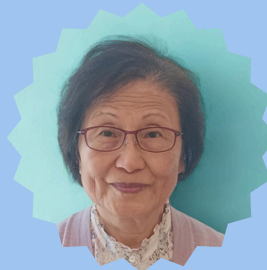


Shining a Light on Service

Our volunteers make La Comida the effective, community-focused organization that it is. Volunteers help set up the lunch services, help our Program Managers distribute meals, and provide a warm smile to everyone who visits. Learn more about the wonderful people who help make what we do possible!



Sue



Meet **Sue**, a former medical researcher who spent her career developing innovative tests for early disease detection. After retiring, Sue decided to dedicate her newly found free time to giving back to the community. **What she loves most about her time at La Comida is the meaningful connections** she forms every day with both our diners and her fellow volunteers.

Meet **Alice**, who spent 40 years working as a marketing and communications professional. Alice has a deep passion for health and food security, making La Comida the perfect place for her to blend her personal interests with community service. For Alice, the best part of the job is the environment—she finds fulfillment in knowing she is **bringing healthy food and joy** to the seniors she serves.

Alice





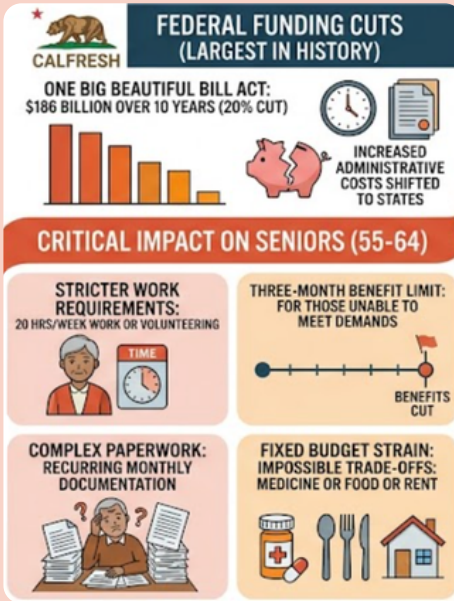
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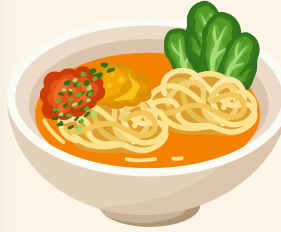


How does recent legislation affect seniors? Take a look at this graphic to see how federal budget cuts have added increased strain on already struggling populations, especially seniors who must now navigate even more paperwork and stricter requirements. We are here to fill the gap, but **there is more work to be done.**



Senior Nutrition

You Can Buy Lunch for a Senior for just \$10!



At La Comida, we believe that food should do more than just fill a plate—it should nourish long-term health and vitality.

Every meal we serve follows strict senior nutrition guidelines. Our menus are **registered dietician-approved, prepared fresh daily.** Nutritious, delicious, and served with a side of community. Take a look at this month's calendar menu on our website, and you'll see wholesome, balanced dishes like our **Arroz Con Pollo, served alongside fiber-rich brown rice, sweet green peas, and a fresh spinach and greens salad.**

Compare that vibrant plate to a standard bag of fast food. While a drive-thru meal is typically loaded with excessive sodium, preservatives, and empty calories that spike blood sugar and drain energy, a La Comida meal offers a heart-healthy balance of lean protein, essential vitamins, and real sustenance designed to help seniors truly thrive.

We rely entirely on the generosity of our community to keep these fresh, high-quality ingredients in our kitchen. **Please support our meal program today—any amount helps!**



\$10

Unhealthy, full of preservatives, **not a full meal**

What would you want for an older adult you know?



\$10

Fresh, nutritious, delicious, and filling

KEEP IN TOUCH!

Stevenson House
455 East Charleston Road
(next to Unitarian church)
11:15 am - 12:15 pm

Downtown Palo Alto
429 Bryant Street
11:45 am - 12:15 pm

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Janice Holiday
Arthur Keller
Grace Mah
Sergio Lopez
Karthik Sundaram
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