



Older Californians Nutrition Program and Intergenerational Activities Resource Guide for Area Agencies on Aging

Nutrition Modernization (NM) for the Older Californians Act funding provides Area Agencies on Aging (AAA) the opportunity to fund Intergenerational Activities for the Older Californians Nutrition Program (OCNP). The purpose of the NM Intergenerational Activities category is to support AAAs and their service providers in their efforts related to the planning, development, and implementation of activities and programs that bring participants of the OCNP together with children or adults.

The following resources include guidance for implementing intergenerational activities, examples of intergenerational programming from the AAA network, and program implementation resources from aging and community organizations throughout the country. These resources are intended to provide examples for AAAs and their service providers as they develop or expand intergenerational programming.

Guidance

- The intention of NM funding for intergenerational activities is to conduct services and activities that support the goal of connecting OCNP participants with younger generations. There is no requirement to provide meals when using NM funds for the OCNP program and intergenerational activities. NM funding may be used for any of the following:
 - Intergenerational activities without a meal or snack
 - Intergenerational activities with a meal or snack
 - Meal as the Intergenerational activity

Funding may not supplant funds that would otherwise be available for other nutrition programs.

- Meals provided with NM funding need to follow the same requirements as Older Americans Act (OAA) meals: follow the Dietary Guidelines for Americans (DGA) and provide 1/3 of the Dietary Reference Intakes (DRI). Meals provided to other age groups should be of the same nutritional value as meals provided to older adults.
- If providing healthy snacks as part of an intergenerational activity, snacks would not be reported as meals but would instead be considered part of the intergenerational activity.
- Intergenerational activities between OCNP participants and younger generations are not limited to children under 18. Activities can include all generations (children, youth, and adults) as the intent of the funding is to connect OCNP participants with younger generations.
- Allowable activities may also include the planning and development of partnerships and activities prior to the implementation of intergenerational activities.

Examples of OCNP Intergenerational Activities Implemented by the AAA Network

(For information about these activities or contact information for AAAs implementing these activities, please contact CDANutritionandHealthPromotion@aging.ca.gov.)

- **Arts & Crafts**

- Arts and crafts, cognitive skills games, exercise, gardening, music, and story time activities with older adults and children.
- Paint Night activity including dinner with older adults, college students, and college faculty.
- Painting class with older adults and children at a local community center.
- Holiday musical performance by preschool children at an OCNP meal site.

- **Cooking and Gardening**

- Succulent planting activity including dinner with older adults and students.
- Gardening days with older adults and youth building and maintaining gardens.
- Intergenerational cooking classes that pair older adults with children and adults.

- **Digital Literacy**

- In-person digital literacy sessions provided by high school students teaching older adults how to use tablets, email, and safely search the internet.

- **Games and Sports**

- Interactive games, activities, and lunch pairing older adults with high school and college students.
- Pickleball lessons and matches with older adults and children.

- **Social Events**

- Televisit sessions with groups of home-delivered meals clients led by program staff and/or volunteers.
- Home-delivered meal program staff and/or volunteers paired with clients to dine together and enjoy lunch.
- Fall Reception event featuring food, trivia games, and social ice breakers for older adults and younger generations.
- Placemat decorating and distribution activity by preschool children at an OCNP meal site.
- Animal shelter event for older adults and children to learn about and see different animals.
- Senior Prom for older and young adults including an evening of dancing, socializing, and dinner.

- **Other Intergenerational Activities**

- Conversations and a meal with older adults featuring one-hour sessions led by volunteers to guide older adults through different periods of their lives, fostering conversation and bridging generational gaps.
- Personalized legacy book activity led by volunteers to engage older adults in sharing their history, stories, and life lessons.

Intergenerational Activities Programming Resources

- **Intergenerational Webinars**
 - **engAGED – The National Resource Center for Engaging Older Adult**
 - [Programs Potpourri: Tips and Strategies to Develop Engagement Opportunities Between Generations](#)
 - [Partners in Social Engagement: Collaboration with Parks and Recreation Agencies](#)

- **Intergenerational Website Resources**
 - **Sharing Our Space** – <http://sharingourspace.org>
 - A toolkit for developing and enhancing intergenerational shared sites; focuses primarily on activities with older adults and younger children but practices can be applicable with other age groups as well.

 - **Generations United** – <https://www.gu.org/>
 - Intergenerational collaboration, public policies and programs for youth and older adults; highlights intergenerational programs and community building strategies.
 - [Intergenerational Shared Site Resource List](#)
 - [Intergenerational Program Database](#)