



PHFA's Housing
Services Department
Best Practices

PENNSYLVANIA HOUSING FINANCE AGENCY

Robert Stinson Towers
Food and Nutrition Program

Category: Healthy Living

Outcomes:

Residents benefit by having a hot breakfast and lunch available on site at a low cost. The meals are prepared Monday through Friday and provide balanced nutritional meals for residents. The program promotes healthy lifestyles and gives the residents the opportunity to gather and socialize on a daily basis. Additionally, the Service Coordinator has the opportunity to engage in one on one contact and assess the eating habits of residents.

Units: Robert Stinson Towers consists of 151 units for elderly residents aged 62+.

Management Agent: InterCoastal Group of Companies

Service Coordinator:
Al Arango
610.874.2139
aagacana@comcast.net

Program Components:

- **Food Preparation.** The Service Coordinator obtained a certified food handlers license from Delaware County. Initially the Service Coordinator prepared all the meals and used volunteers for support. Now the Service Coordinator continues to oversee the meals with additional assistance from volunteers. Eventually, a part-time cook may be hired to supervise volunteers and do the majority of food preparation.
- **Space and Equipment.** Robert Stinson Towers had an under-utilized commercial kitchen in the community room. The kitchen was inspected by the Department of Health to ensure safety and proper operation.

Background: Robert Stinson Towers is located in the City of Chester in Delaware County. The majority of the residents have worked and lived in Chester their entire lives. Through casual conversations and resident surveys the SC determined the need for a Food and Nutrition Program. This program was developed and initiated to increase access to hot nutritional meals for the residents of Robert Stinson Towers in the Spring of 2006.

Investment in Services:

The start up costs were funded through the property's Annual Operating Budget. Typical start up costs consist of the following: food, certified food handlers license, and utensils for preparing and serving food.

After the start up costs were paid, the program has generated some minimal cash flow. All monies generated by the program are reinvested into the

RESULTS

Improved nutrition:

residents have ready access to balanced nutritional meals at an affordable cost.

Resident participation: in addition to the health benefits of good nutrition, residents benefit from increased socialization and interaction.

program or used for social activities that benefit the residents of the Robert Stinson Towers. Charges for the meals are \$45 per month, or \$2.50 for breakfast and \$3.00 for lunch.

For more information,
contact PHFA's Housing Services Department:
Robert Butcher
610.270.1560
rbutcher@phfa.org