

United ♥'s Community



A lively group of Whistlestop staff and volunteers ensure that hundreds of low income older adults get fresh food each week at Whistlestop's Brown Bag Pantry.

Whistlestop and United Markets Food is Healthcare

For over 65 years, Whistlestop has helped Marin's older adults thrive through the power of human connection. With a wide variety of classes, resources, workshops, nutrition programs and engagements opportunities, it's where Marin's older adults and their families come to connect, to learn, and to lead rich, vibrant, lives.

It is now commonly recognized that social factors, including access to healthy food, affects overall health just as much as access to medical care. Whistlestop believes that a new model of care for older adults must include nutrition, and we believe that food is healthcare.

We are proud to work alongside United Markets to make obtaining healthy groceries easier for our older neighbors. Our CarePool volunteer driver program brings older adults to United Markets for senior discount Thursdays or any other day of the week that is convenient for them, helping them to shop and bring groceries back to their homes. United Markets also operates a personalized online grocery store, United to Go, that delivers food right to your door. These two programs eliminate some of the barriers older adults face to obtaining healthy food and also provide powerful human connection.

As a family-owned market, United Markets has strong community values, and understands how important it is to be a part of the solution for community issues like healthy aging. It truly takes a village, and we salute United Markets for supporting local nonprofits, and for sharing in the responsibility to help our community's older adults age with dignity, independence and grace.

Are you interested in becoming a CarePool volunteer driver? It's flexible, easy, and rewarding – and we need you!
For more details or for more information, please visit [Whistlestop.org](https://www.whistlestop.org).

United
Healthy Choices. Honest Value.