
Nutrition Program for the Elderly

The Nutrition Program for the Elderly distributes cash and commodity foods to States for meals served in senior citizen centers or delivered by Meals-On-Wheels programs. USDA provides reimbursement for more than 20 million meals a month.

Congregate and home-delivered meal programs (including Meals-On-Wheels) are often very attractive to the elderly. Although all people 60 years and older are eligible to receive meals from these programs regardless of their income level, priority is given to those in economic need. Those who can are encouraged to pay for the meal. People with disabilities who live in elderly housing facilities, those who accompany elderly participants to congregate feeding sites, and volunteers who assist in the meal service may also receive meals through this program.

Community Awareness

- Are congregate feeding sites available to the elderly in your community? Are there underserved areas? Are there people on waiting lists?
- Does your community offer a Meals-On-Wheels program? How frequently does it provide meals during the week? Does it provide meals on weekends?
- Does your community reach out to the elderly in your community to promote congregate and home-delivered meal programs?
- Are there enough volunteers to adequately serve people who use the elderly nutrition program?

Sponsors who administer nutrition programs provide high-quality, well-balanced hot meals to senior citizens who might otherwise go hungry or eat poorly.



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WHAT YOU CAN DO:

- ▶ Contact your State commission or area agency on aging to obtain more information about programs in your local community.
- ▶ Look into expanding your current elderly nutrition program or starting one. Encourage people to volunteer with an elderly nutrition program.
- ▶ Volunteer to make home visits, deliver meals, and provide shopping assistance to the elderly and homebound in your community.