



Intergenerational Meals

Intergenerational programs that connect senior nutrition with Summer Meals demonstrate how much we value the increasingly important roles older adults play in the lives of many children. Engaging older adults in Summer Meal Programs creates opportunities to improve health and nutrition, prevent isolation of older adults, and develop children's social and leadership skills.

Go to [Resources](#).

Opportunities

- **Increase participation:** Reach out to grandparents or other caregivers to let them know about Summer Meal sites where their children can get a meal.
- **Increase access:** Partner with organizations that serve meals to older adults to expand their meal service to provide Summer Meals to children.
- **Increase awareness:** Visit senior centers and other congregate meal sites for older adults to explain the importance of expanding their capabilities to offer meals to children when school is out.
- **Increase community engagement:** Partner with organizations that sponsor volunteer programs for older adults to find volunteers to help operate or promote Summer Meal sites.

Feeding Older and Younger Americans: A Summer Meals Case Study

Horizons – A Family Service Alliance, a member of the Meals on Wheels Association of America successfully added Summer Meals for children to its programming in Iowa. Created by Share Our Strength and Meals on Wheels, this case study explores the opportunity for organizations that use federal funds to serve older Americans, such as Meals on Wheels affiliates, to serve Summer Meals to children.

https://bestpractices.nokidhungry.org/sites/default/files/resources/SummerMealsCaseStudy_2015.pdf



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Summer Meals Toolkit

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Resources

- **Administration on Aging**
National Aging Network
http://www.aoa.gov/AoA_Programs/OAA/Aging_Network/Index.aspx
- **American Association of Retired Persons (AARP)**
Create the Good
<http://www.createthegood.org/>
- **Meals on Wheels Association of America and Share Our Strength Center for Best Practices**
Working Across Generations: Connecting Child and Senior Hunger
<https://bestpractices.nokidhungry.org/sites/default/files/resources/Connecting%20Child%20and%20Senior%20Hunger.pdf>
- **National Council on Aging (NCOA)**
Partnering to Promote Healthy Aging
http://www.evidencetoprograms.com/public/content/HA_CommunityPartnerships.pdf

For Additional Information

Review these ideas and adopt the strategies that seem reasonable to you and achievable for your Program. Do you have more questions? Sponsors and the general public should contact their State agency for answers. State agencies should contact their Food and Nutrition Service (FNS) Regional Office.

List of FNS Regional Offices: <http://www.fns.usda.gov/fns-regional-offices>

List of State Agencies: <http://www.fns.usda.gov/sfsp/sfsp-contacts>

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