



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



06/03/16

Summer Meals Toolkit

USDA is an Equal Opportunity Provider,
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Resources

- **Administration on Aging (AoA)** is the principal agency within the U.S Department of Health and Human Services that ensures the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities.
<http://www.aoa.acl.gov/>
- **American Association of Retired Persons (AARP)**
Create the Good connects older adults with volunteer opportunities in their communities.
<http://www.createthegood.org/>
- **Meals on Wheels Association of America**
Meals on Wheels operates meal delivery and congregate meal services to older adults in virtually every community in America through a network of more than 5,000 independently-run local programs.
<http://www.mowaa.org/page.aspx?pid=889&ceid=77>
- **National Aging Network**
This network includes 56 State Units on Aging, 629 Area Agencies on Aging, 244 Tribal organizations, and 2 Native Hawaiian organizations that receive AoA funding to administer programs for older individuals on the State and local level.
http://www.aoa.gov/AoA_Programs/OAA/Aging_Network/Index.aspx
- **National Association of Nutrition and Aging Services Programs (NANASP)**
This association works to provide older adults healthful food and nutrition through community-based services. Its mission is to strengthen through advocacy and education those who help older Americans.
<http://www.nanasp.org>





- **National Council on Aging (NCOA)**
Partnering to Promote Healthy Aging provides connections to a network of adult caregivers and aging professionals, as well as provides a *Best Practices* manual on how to partner with community organizations serving older adults.
http://www.evidencetoprograms.com/public/content/HA_CommunityPartnerships.pdf
- **National Hispanic Council on Aging (NHCOA)**
The *Hispanic Aging Network* of community organizations works to improve the lives of Hispanic older adults, their families, and caregivers.
<http://www.nhcoa.org/hispanic-aging-network/>

For Additional Information

Review these ideas and adopt the strategies that seem reasonable to you and achievable for your Program. For additional questions, sponsors and the general public should contact their State agency for help. 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/cnd/Contacts/StateDirectory.htm>

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