



## Nutrition Program

The federally funded Nutrition Program offers a well-balanced meal to adults through home-delivered services and congregate dining sites. Meals are more than just a hot lunch. Drivers ensure a daily visit offering a warm smile, a kind word, and a well-being check.

### SERVICES

Meals meet 1/3 of the daily USDA standards and are available in Regular, Renal, Cardiac, Modified, Chopped, Ground, Low Lactose, and Pureed for all home-delivered meals clients. Chinese and Latino home-delivered meals are available as well.

### CONGREGATE DINING SITES LOCATIONS

Located in senior centers, elder housing, and other convenient places, dining centers are locations where adults age 60 and over, and adults with disabilities can enjoy good food and good company. Current locations are:

- Amesbury Senior Center
- Amesbury Towers
- Archambault Towers, Lowell
- Billerica Senior Center
- Chelmsford Senior Center
- Danvers Council on Aging
- Dracut Senior Center
- Father Norton Manor, Lowell
- Georgetown Senior Center
- Haverhill Senior Center
- Lawrence Senior Center
- Marblehead Council on Aging
- Methuen Senior Center
- Methuen Elder Housing Complex at Mystic Street

- Middleton Senior Center
- Newburyport Senior Center
- North Andover Senior Center
- Peter A. Torigian Senior Center
- Rowley Senior Center
- Salem Council on Aging
- Salisbury Senior Center
- Tewksbury Center
- The Robb Center, Andover
- Tyngsboro Senior Center
- West Newbury Senior Center

### ELIGIBILITY

The Home Delivered Meal Program serves adults age 60 and older or qualified adults with disabilities who are determined to be homebound and unable to prepare a balanced meal or safely participate at a Congregate Dining Site. Any adult over the age of 60 may participate at the Congregate Dining Site.

### COST

There is no cost for either the home delivered meals or congregate meals, however, a \$2 meal donation is suggested. Donations directly support the provision of meals to hundreds of older adults in the community every day and are anonymous and voluntary. No eligible person will be denied service based on income or the ability to donate.

### MORE INFORMATION

For more information about the Nutrition Program or to make a referral for home delivered meals, call our Information & Referral Department at 1-800-892-0890.

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