



# Senior Nutrition Program

## **Congregate Meals**

Congregate meals are available for any person aged 60 years or older and their spouse. Participants can share a well-balanced meal with friends and new acquaintances. Participating in the Senior Dining program has been proven to help improve the quality of life for many seniors. Each site also provides social activities, informal nutritional education, and information on other Office for the Aging services available to our Sullivan County residents. Our registered dietician is available for one-on-one counseling by making an appointment through the Office for the Aging.

Suggested contribution is \$3.00 per meal. Inability or unwillingness to contribute will never disqualify you from receiving a meal. Guest meal is \$4.50.

## **Homebound Meals**

Homebound meals are hot nutritious meals that are delivered to qualified homebound seniors 60 years or older, who are residents of Sullivan County and have limited support and difficulty preparing their own meals. Participants can be referred for this service by contacting the Office for the Aging. Referrals can be made by individuals, doctors, neighbors, or friends. Participants may also receive assistance for other needed services through a complete assessment by an OFA Aging Services Specialist.

Meals are delivered to your door by staff and volunteer drivers Monday through Friday (except on legal holidays or whenever inclement weather makes travel unsafe). There is a suggested donation of \$3.00 per meal but nobody will be denied a meal because of their inability or unwillingness to contribute to the cost of the meal. We also offer a cold supper and frozen weekend meal for those who qualify.

In case of inclement weather, please listen to the following radio stations: WVOS FM (95.9), WSUL FM (98.3), Thunder 102 FM, WJFF 90.5 FM, Facebook, and the robo call system for updates on closings.

**(845) 807-0241**

**FAX (845) 807-0260**

**Email: [sullivanofa@sullivanny.us](mailto:sullivanofa@sullivanny.us)**

Monday - Friday 8:00 a.m. - 5:00 p.m.

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