

# Background and Purpose

## A. Goal:

The goal of the project is to modernize Iowa's congregate meal program infrastructure, delivery mechanisms, and outreach to increase the number of consumers and meals served.

## B. Objectives:

- 1) Establishing a restaurant partnership infrastructure in the Elderbridge AAA service region
- 2) Developing flexible approaches to congregate meal service delivery mechanisms to target and outreach to two generations of older adults
- 3) Modernizing a streamlined intake process through technology use
- 4) Identifying seniors who may be food insecure, socially isolated, and rural and providing nutrition education.

## C. Overview of Project:

The Iowa Department on Aging in partnership with Area Agencies on Aging (AAA) received a 2020 Administration for Community Living Nutrition Innovations Grant to modernize Iowa's Congregate Meal Program infrastructure. The Iowa Café project will transform traditional congregate meal sites to attractive restaurant partnership sites for older adults to gather and enjoy nutritious meals. This will be a mutually beneficial project for Iowa's food insecure older adults and local communities to generate economic stimulus.

## D. Project Results:

- County 1 had 20 participants before the grant and 80 participants after the grant
- NEI3A (AAA): Served 48,000 meals during the timespan of the grant
- 95% of participants showed a decrease in social isolation



Figure A. Demonstrates the increase of restaurant partnerships per year with The Iowa Department on Aging for the grant.

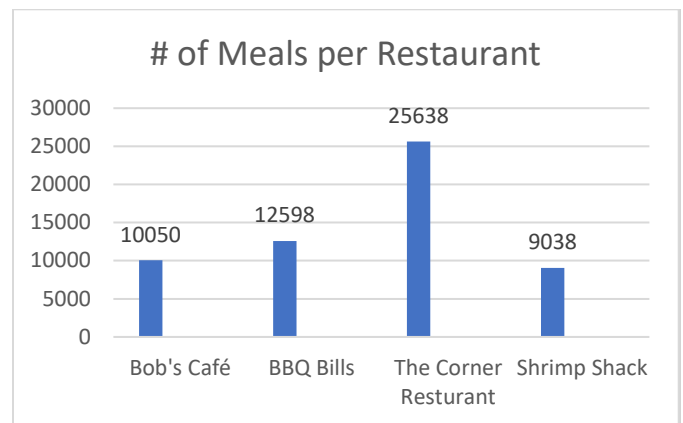


Figure B. Demonstrates the number of meals each restaurant served over the course of the grant period.