



How Restaurants Can Partner with Senior Nutrition Programs

Who are senior nutrition providers?

The Older Americans Act (OAA) Senior Nutrition Program provides healthy meals; nutrition screening, education, and counseling; and other services that support older adults. Each day, about 5,000 local senior nutrition providers serve an estimated 1 million meals to older Americans across the country. Local programs deliver meals to homebound older adults throughout their region and/or serve congregate meals where older adults (60+) can socialize over a meal. The providers focus on underserved communities and other older adults in greatest need.

How can restaurants partner?

- Launch a restaurant meal program in partnership with your local senior nutrition program. Meal costs are typically covered by federal, state and local funding.
- Cater to local congregate meal programs and home-delivered meals programs.
- Donate unsold bakery items, excess produce, or other food-safe inventory that will not be needed after a menu change.

What benefits would restaurants get from partnering?

- Receive menu development assistance from a nutrition professional.
- Learn how to create meals that are delicious and naturally low in fat and sodium.

- Diversify your client base and bring in more clientele during slower times.
- Increase visibility and word-of-mouth advertising in the community to attract new customers.

How can restaurants approach local senior nutrition providers?

- Connect with your local area agency on aging, home-delivered meals program, or senior center.
- Establish goals for the partnership.
- Engage nutrition programs with innovative ideas.
- Ensure that you have healthy meals on your menu, including meals that are low in fat and salt and include whole grains.

How can restaurants find local providers?

Local senior nutrition programs are spread across rural and urban areas and found in senior centers, town centers, senior living facilities, faith-based spaces, Aging and Disability Resource Centers, and more. Go to eldercare.acl.gov or call 1-800-677-1116 to find your local program.

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