



AGING WELL LIVING WELL



News & Information Provided by the Administration on Aging
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Food for Thought



Did you know that getting adequate food and nutrition can help prevent or delay many chronic diseases and disease-related disabilities? Good nutrition begins with eating healthy meals. The U.S. Department of Health and Human Services, Administration on Aging, through the Older Americans Act (OAA), provides for more than 108 million group-setting meals and 142 million home-delivered meals each year to older adults.

Millions of older adults are malnourished, often because they do not take advantage of the programs available to assist them. The OAA Nutrition Program provides nutrition and other services to older people age 60+ throughout the country. There may be a program near you in which you can participate.

Most programs provide five meals a week in group settings as well as home-delivered meals to those who need it. These meals and other nutrition services are provided in a variety of settings, such as senior centers, schools, and individual homes. Volunteers often deliver meals to homebound persons and spend additional time to check on their welfare. Other services include nutrition screening, education, counseling, and many other supportive and health services

As the nation celebrates Older Americans Month learn more about these and other Older Americans Act programs for older persons and their caregivers by visiting www.aoa.gov Or learn about programs in your community by visiting www.eldercare.gov or calling the Eldercare Locator, between 9 a.m. and 8p.m. EST Monday through Friday, at 1-800-677-1116.

