

Program Title: Nutrition

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1. The nutrition department helps older adults to receive nutritious meals through 3 programs: Home Delivered Meals, DISH, and Senior Farmers Market program.
2. Home Delivered Meals (HDM) provides meals to older adults that may be unable to prepare or acquire an adequate meal, may live alone, or may currently not receive in home services that can provide meals.
3. Our DISH (Dining to Improve Socialization and Health) program offers older adults not only a nutritious meal but, also a way to socialize within the community by enjoying a meal at select local restaurants.
4. Our Senior Farmers Market program provides \$50 worth of coupons for consumers to purchase fresh produce and honey from participating local farmer markets.

In order to be eligible for any of our nutrition programs individuals must be over age 60.