



## **Program Purpose**

The purpose of the Nutrition Program is to reduce hunger and food insecurity, promote socialization and the health and well-being of persons aged 60 or older by providing assistance in gaining access to nutrition, disease prevention and health promotion services. The Nutrition Program provides Congregate and Home Delivered Meal Service along with nutrition education, volunteer opportunities, nutrition and benefit counseling plus current aging-related updates in accordance with the federal Older Americans Act.

## **Program Objectives**

Prevent malnutrition and promote good health behaviors through nutrition education, screening and intervention. Serve safe and quality meals that adhere to state food safety and sanitation standards. Promote and maintain coordination with other support services. Target older persons who have the greatest economic and/or social need with attention to low-income minority and rural older persons.

## **Congregate Meal Service**

**Congregate Meal Service** provides nutritious, mid-day meals and fellowship in a communal setting. Nutrition Program Congregate meal sites offer fellowship, social and informational activities, nutrition education, health screenings, etc. An individual must meet the Congregate Meal Service criteria below and make a meal reservation in advance to eat at a Congregate meal site.

- Individual aged 60 or older is eligible for Congregate Meal Service on a donation basis.
- Spouse or domestic partner who attends the Congregate meal site, with their spouse or domestic partner who is aged 60 or older, is eligible for Congregate Meal Service on a donation basis. If the under aged 60 spouse or domestic partner participates, without the eligible older spouse or domestic partner, the under aged 60 spouse or domestic partner must pay the total meal cost.
- Disabled adult, under aged 60, living in a housing facility where a Nutrition Program Congregate meal site is located, is eligible for Congregate Meal Service on a donation basis.
- Disabled adult, under aged 60, who resides at home with an eligible older individual participating in the Nutrition Program or accompanies the eligible aged 60 or older individual to a Congregate meal site is eligible for Congregate Meal Service on a donation basis.
- Informal caregiver (other than a spouse or domestic partner) who resides with and accompanies an eligible older individual to a Congregate meal site is eligible for meals on a donation basis.

- Family Care, Family Care Partnership or IRIS (Include, Respect, I Self-Direct) community-based long-term care member is eligible for Congregate Meal Service on a donation basis if they meet Nutrition Program Congregate Meal Service criteria.
- Staff or volunteer, regardless of age, who perform Nutrition Program-related duties is eligible for Congregate Meal Service on a donation basis if it does not deprive a participant aged 60 or older of Congregate Meal Service.
- Individual, aged 60 or older, who attends adult day care or resides in a group living home, assisted living or other residential facility is eligible for Congregate Meal Service on a donation basis if the adult day care or residential facility does not include the meal in the cost that is charged to the individual. If the individual is charged for the meal, the individual is not eligible for Congregate Meal Service unless there is a written contract, with the Outagamie County Nutrition Program and the adult day care or residential facility, for full Outagamie County Nutrition Program Congregate meal cost reimbursement.
- Individual, under aged 60, who receives a complete Congregate meal and it does not deprive a participant aged 60 or older of Congregate Meal Service, must pay the total meal cost.

## **Home Delivered Meal Service**

**Home Delivered Meal Service** provides nutritious, mid-day meals to eligible, homebound

Outagamie County residents. Frozen meals are considered a Nutrition Program Home Delivered Meal Service. Home Delivered Meal Service participants are assessed and must meet the following criteria:

- Outagamie County resident aged 60 or older, frail and essentially homebound by reason of illness, disability or isolation for which an assessment concludes that participation is in the individual's best interest.
- Spouse or domestic partner of a person eligible for a Home Delivered meal as described above, regardless of age or condition, if an assessment concludes that participation is in the best interest of the homebound older individual.
- Disabled adult who resides at home with an eligible older individual participating in the Nutrition Program, if an assessment concludes that participation is in the best interest of the homebound older individual.
- Disabled adult, under aged 60, living in a housing facility where a Nutrition Program Congregate meal site resides, if an assessment concludes that participation is in the best interest of the under aged 60 disabled adult.
- Informal caregiver (other than a spouse), regardless of age or condition, who resides with an eligible older individual participating in the Nutrition Program is eligible to receive Home Delivered meals if an assessment concludes that it is in the best interest of the eligible older individual.

Family Care, Family Care Partnership or IRIS (Include, Respect, I Self-Direct) community-based long-term members are not eligible for Home Delivered or Frozen meals unless there is a written contract, with the Outagamie County Nutrition Program and the long-term care program, for full Outagamie County Nutrition Program Home Delivered or Frozen meal cost reimbursement.

## **Meal Cost**

The Outagamie County Nutrition Program may not charge for meal service in accordance with the federal Older Americans Act. A suggested donation may be established. Nutrition Program participants may voluntarily donate toward the meal cost. No participant will be denied meal service because they cannot or will not donate toward the meal cost. Donations are confidential and support Outagamie County Nutrition Program meal service continuation.

## **Meal Components**

Nutrition Program mid-day meals meet the Recommended Dietary Reference Intakes (DRI):

- One serving of grains
- Three half cup servings of fruit and/or vegetable
- Eight ounces fluid milk
- Three ounce serving of protein
- One teaspoon serving of fats and oils
- One half cup serving of dessert

Outagamie County Nutrition Program meals are moderate in sodium, saturated fat and sugar. Meals are prepared, packed and delivered to preserve optimum flavor, appearance and nutritive value. All meals must conform to U.S.D.A. requirements.

## **Program Governance**

The Outagamie County Nutrition Program is under the direction of the Outagamie County Department of Health and Human Services and Aging & Disability Resource Center (ADRC). For further information on Outagamie County Nutrition Program meal service, please call 920-832-5178 or Email [adrc@outagamie.org](mailto:adrc@outagamie.org).