

# RICHLAND COUNTY ELDER NUTRITION PROGRAM

## “MORE THAN JUST A MEAL”

The Richland County Elder Nutrition Program is a federally required Older Americans Act program operated under Richland County Health and Human Services Aging and Disability Resource Center office. Section 330 of the Older Americans Act (OAA) states that the purpose of the elder nutrition program is to:

- Reduce hunger, food insecurity and malnutrition
- Promote socialization of older adults
- Promote the health and well-being of older adults by assisting them to gain access to other services

The Nutrition Program offers a range of services designed to promote health, independence and balanced nutrition, while fostering social connectedness. We are dedicated to addressing hunger and food insecurity, helping individuals build a stronger foundation for a healthier, more fulfilling life while helping connect them to other services.

The program is designed to provide meals to people 60 years of age and over and their spouses. No eligible participants will be denied a meal based on their ability to contribute. The current suggested contribution amount per meal is \$4.00. Contributions are confidential and voluntary.

The program offers the following options:

- Dine-In, Congregate Meals
- Carry Out Meals
- Meals on Wheels/Home Delivered Meals
- Frozen Meals

### **More Than a Meal**

The nutrition program is more than just a meal and has many benefits including:

- Home delivered meals: participants receive a daily check-in when the meal is delivered
- Social connection
- Nutrition education
- Volunteer opportunities
- Support and assistance including connection to the ADRC
- Hot, well-balanced nutritious meal that meets 1/3 of the current Dietary Reference Intakes and comply with the most recent USDA Dietary Guidelines for Americans needed to promote good health

### **Dine-In/Congregate Meal Sites**

There are three meal sites located within the county. Qualified individuals do not need to be a resident of Richland County to attend. Each site listed below has different days and times of operation. As a part of the program there is a hot meal provided and various activities offered. Reservations are required by 12:30pm the business day prior.

#### **Richland Center Meal site**

Monday through Friday at 11:45 am  
1050 North Orange Street  
Richland Center, WI 53581  
Call 604-647-2323 to reserve a meal

#### **Germantown Meal Site**

Wednesday's 11:00 am  
St. Anthony's School  
32497 County HWY V  
Cazenovia, WI 53924  
Call 608-983-2798 to reserve a meal

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### **Rockbridge Meal Site**

Monday, Wednesday, Friday 11:30 am  
25500 Rockbridge School Street  
Richland Center, WI 53581  
Call 608-647-3900 or 608-649-3269 to reserve a meal

### **Carry Out Meals**

Eligible individuals interested in picking up a hot meal, during a meal site service can reserve a carry out meal by reaching out to one of the three meal sites listed above. Reservations are required by 12:30pm the business day prior.

### **Meals on Wheels – Home Delivered Meals**

Meals on Wheels, also known as Home Delivered Meals, provide meals to those who cannot prepare daily meals and who cannot get to congregate meal locations. Participants receive a visit from program staff or volunteers who deliver a well-balanced nutritious meal that meets 1/3 of the current Dietary Reference Intakes and comply with the most recent USDA Dietary Guidelines for Americans.

Meals on Wheels are available two to three days per week, depending on location, from the Richland Center and Cazenovia/Germantown locations. Currently due to a lack of volunteers the program provides this service to individuals who live within 5-miles of an approved meal site as well as to the Gotham and Lone Rock area. As part of the program a state approved meal prioritization tool is used to assess people for eligibility and need.

### **Frozen Meals**

Frozen meals are available upon request and are offered to supplement days we are unable to deliver. These meals can be picked up at the ADRC. Individuals who are located on a designated home delivered meal route can also request these be delivered on normal delivery days.

### **Menu**

**Create a Menu Button for people to click on to see the current and future menu or area for menu**

### **Nutrition Advisory Council**

The intent of the nutrition advisory council is to function as a partner in improving the nutrition program. Council members can assist in securing funding by volunteering their time to raise funds for the program, developing and maintaining community partnerships, and promoting activities including advertising and outreach to the community. Members represent each of the following: one member as an advocate for the Older Americans Act, one member for each of the three Richland County meal sites, one member representing Home Delivered meal participants and one member representing Home Delivered meal drivers. Members serve up to three – two year terms, not to exceed six years with the exception of partial terms.

### **Volunteering for the Program**

Volunteers for the Nutrition program make a huge impact on the lives for older individuals in Richland County. Without the support and kindness of our volunteers the program would not be able to provide the high level of nutrition services we do. Our volunteers help based on their availability. If you are interested in volunteering for one of the opportunities below reach out to the Richland County Nutrition Program Coordinator at the ADRC.

### **Dining Site Assistance**

Volunteer at one of our three sites as you are able located in Richland Center, Rockbridge or Germantown. In this position you can assist with a variety of daily dining center duties including prepping for home-delivered meals to be packed, packing home-delivered meals, setting tables and serving diners and cleaning up after a meal service.

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### **Home Delivered Meal Driver**

Spend 1-1/2 hours delivering meals to older, homebound people. Volunteer based on your availability each month. Currently there are opportunities for routes from our Richland Center and Germantown Dining Sites.

### **Contact**

For more information regarding the Richland County Elder Nutrition program contact the:

Aging and Disability Resource Center of Eagle Country – Richland County Office

221 West Seminary Street

Richland Center, WI 53581

Tanya Webster, Richland County Elder Nutrition Program Coordinator

[Tanya.webster@co.richland.wi.us](mailto:Tanya.webster@co.richland.wi.us)

608-647-4616