



How Dietetics Programs Can Partner with Senior Nutrition Providers

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.

What benefits would dietetic programs get from partnering?

- Local senior nutrition programs provide opportunities for practice experiences in food and nutrition education, food service management, or other areas.
- Local senior nutrition programs also provide hands-on learning experiences with older adults.
- Registered dietitian nutritionists (RDNs) at local senior nutrition programs can precept dietetic internship rotations.
- Your students can help local senior nutrition programs develop up-to-date, long-lasting educational programming and materials. How can dietetics programs approach local senior nutrition providers?

- Prepare an outline of strengths, benefits, and sample projects that your dietetic students or interns could offer. Think of how what the intern or student’s project can benefit the potential preceptor, their program, and their participants. Arrange a meeting to decide on mutually beneficial projects and timelines.

How can dietetics programs find local senior nutrition 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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