

If you're 60 or older, here's something to chew on...
**a community meal program
is waiting to serve you.**



9 OUT OF 10
participants say
they would
recommend the
program to a
friend.

Senior Nutrition Program benefits:

- ✓ *Learn about good nutrition and healthy eating habits.*
- ✓ *Save time and money with less shopping and cooking.*
- ✓ *Avoid missed meals and get healthy food with less effort.*
- ✓ *Support your independence, socialize, and have fun!*



Find a local program today:
eldercare.acl.gov or 1-800-677-1116