Nutrition and Aging Resource Center Website Navigation



Business Management

- Business Skills
- Contracting
- Finances
- Health Care
- Medicare and Medicaid Basics
- Care Transitions
- Marketing
- Partnerships
- Prioritizing Clients
- Staffing and Training
- No Wrong Door
- Volunteers

Congregate Meals

- Basics of Congregate
- Creativity & Innovation
- Restaurant Partnerships
- Medically Tailored Meals
- Food Safety
- Menus & Recipes
- Preparing Healthful Foods
- Culturally Diverse Menu
 Planning
- Volunteers

Emergencies & Disasters

- · COVID-19
- Food Supply
- Plan & Prepare
- Respond & Recover

Browse Resources

Finding Food & Assistance

- Food Assistance
- Food Banks
- Groceries
- Markets & Gardens

Food Insecurity & Malnutrition

- Food Insecurity
- Malnutrition

Health & Well-Being

- Diabetes
- Falls Prevention
- Health Promotion
- Healthy Aging
- Social Determinants

Home-Delivered Meals

- Basics of Home-Delivered Meals
- Creativity & Innovation
- Restaurant Partnerships
- Medically Tailored Meals
- Food Safety

Nutrition and Aging Resource Center

- Menus & Récipes
- Preparing Healthful Foods
- Culturally Diverse Menu
 Planning
- Volunteers

Nutrition Counseling

Nutrition Education

- Consumer Food Safety
- Eating on a Budget
- Healthy Eating Plans
- Menus & Recipes
- Preparing Healthful Foods
- Culturally Diverse Menu
 Planning
- Nutrition Facts Label
- Other Languages
- Ready-to-use
 Education
- Resources & Strategies
- Vitamins & Supplements

Nutrition Guidelines

Social Isolation & Connection

- Basics & Materials
- Caregivers

Underserved Communities

- Cultural Competency
- Rural Communities
- Targeting Strategies

× 🞝

OAA & Requirements

Data & Reports

- Grantee Reporting
- Nutrition Guidelines

NSIP

- **OAA Basics**
- Program Evaluation

Voluntary Contributions



- Grantee Spotlight Looking to Innovate
- **Managing Grants**

This project was supported in part by grant number 90PPNU0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

ican!

Instructional Campus on Aging Nutrition

Introduction: What is the Nutrition and Aging Resource Center?

Three P's of the Older American Act: Participation & Promotion

Three P's of the Older American Act: Partnerships

Business Management: Operating a Nutrition Services Program

Menu Planning: The Basics

Reaching Older Adults at Greatest Economic and Social Needs

Nutrition, Health and Wellness Needs of Older Adults

Business Management: Personnel Management

Menu Planning: Meeting Needs

Diversifying Funding