



Nutrition and Aging Resource Center

2023 Celebrate the Senior Nutrition Program Social Media Toolkit

Cooking Up Community

This social media toolkit is for YOU! Use any or all of the following social media sample posts and graphics for your social media presence. Please link out to the <https://acl.gov/snp/celebrate> or your organizations home page as you see fit with the sample postings below.



Celebrate the Senior Nutrition Program

March 2023 Cooking Up Community #SeniorNutritionProgram

March 2023 acl.gov/snp/celebrate #SeniorNutritionProgram




Celebrate the Senior Nutrition Program

2023 · COOKING UP COMMUNITY

- The Older Americans Act Nutrition Program provides food and meals that are adequate, nutritious, safe, and appetizing – And that help older adults remain healthy– and manage chronic health conditions. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram

Nutrition and Aging Resource Center



**Celebrate the
Senior Nutrition Program**
2023 · COOKING UP COMMUNITY

The Older Americans Act
Nutrition Program provides
food and meals that are
**adequate, nutritious, safe,
appetizing.**

Helping older adults remain
healthy and manage chronic
health conditions.

March 2023
acl.gov/snp/celebrate
#SeniorNutritionProgram

- Congregate meal programs:
 - Serve adults ages 60 and better
 - Provide meals in senior centers, schools, churches, farmers markets, and other community settings
 - Offer healthy meals, social engagement, access to community resources, volunteer roles and more

#CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



**Nutrition and Aging
Resource Center**

Congregate Meal Programs



**Celebrate the
Senior Nutrition Program**

- Serve adults 60+
- Provide meals in senior centers, schools, churches, farmers markets, and other community settings
- Offer healthy meals, social engagement, access to community resources, volunteer roles and more

March 2023
acl.gov/snp/celebrate
#SeniorNutritionProgram

- Meal program participants benefit from:

- Higher quality diet
- Greater food security
- Increased socialization

#CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



This infographic is divided into two main sections. The left section has a dark blue background and features a circular icon with three stylized figures sitting around a table. To the right of the icon, the text reads "Meal program participants benefit from:" followed by a bulleted list: "Higher quality diet", "Greater food security", and "Increased socialization". The right section has a white background and features the "Nutrition and Aging Resource Center" logo at the top. Below it is a graphic of a pot with steam rising from it, accompanied by the text "Celebrate the Senior Nutrition Program" and "2023 · COOKING UP COMMUNITY". At the bottom of this section is the URL "acl.gov/snp/celebrate".

Meal program participants benefit from:

- Higher quality diet
- Greater food security
- Increased socialization

Nutrition and Aging Resource Center

Celebrate the Senior Nutrition Program
2023 · COOKING UP COMMUNITY

acl.gov/snp/celebrate

- A higher quality diet is essential to overall wellness as one out of two older adults is at risk of being malnourished or is malnourished. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



This infographic features a white background with a red header bar containing the "Nutrition and Aging Resource Center" logo. The main text, in large, bold letters, states "1 out of 2 older adults is at risk or is malnourished". To the right of this text is a graphic of a blue pot with a lid, with several colorful hearts (red, orange, blue) and dots floating above it. At the bottom, there is an orange bar with the date "March 2023", the URL "acl.gov/snp/celebrate", and the hashtag "#SeniorNutritionProgram".

1 out of 2 older adults is at risk or is malnourished

Nutrition and Aging Resource Center

March 2023 acl.gov/snp/celebrate #SeniorNutritionProgram

- Greater food security is a benefit to meal program participants; access to food is a social determinant of health. Data shows 4.9 million seniors do not have reliable access to affordable, nutritious food. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



Greater **food security** is a benefit to meal program participants

March 2023 acli.gov/snp/celebrate #SeniorNutritionProgram

- Staying connected is an important part of healthy aging. Social isolation is linked to higher blood pressure, earlier onset of dementia, and other serious illnesses. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram

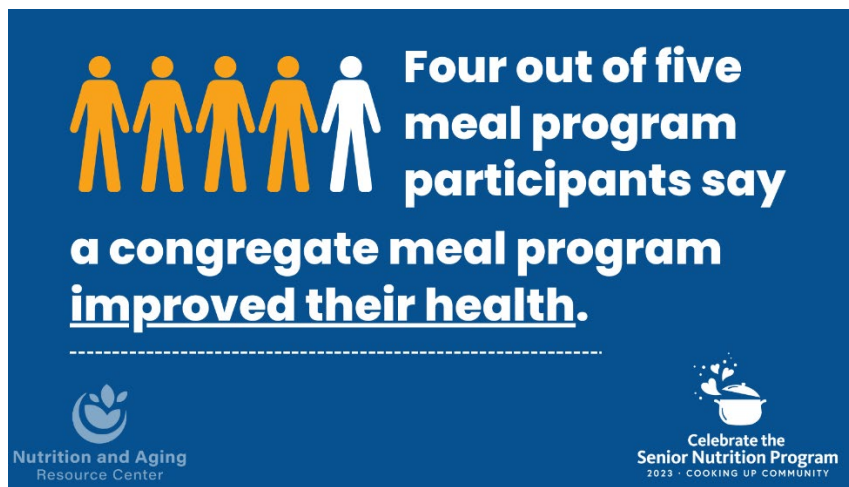


Staying connected is an important part of healthy aging.

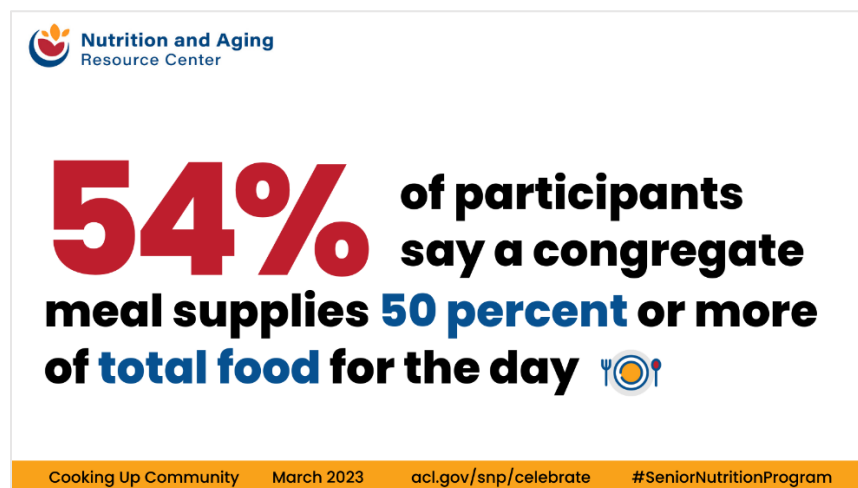
Social isolation is linked to higher blood pressure, earlier onset of dementia, and other serious illnesses.

Nutrition and Aging Resource Center

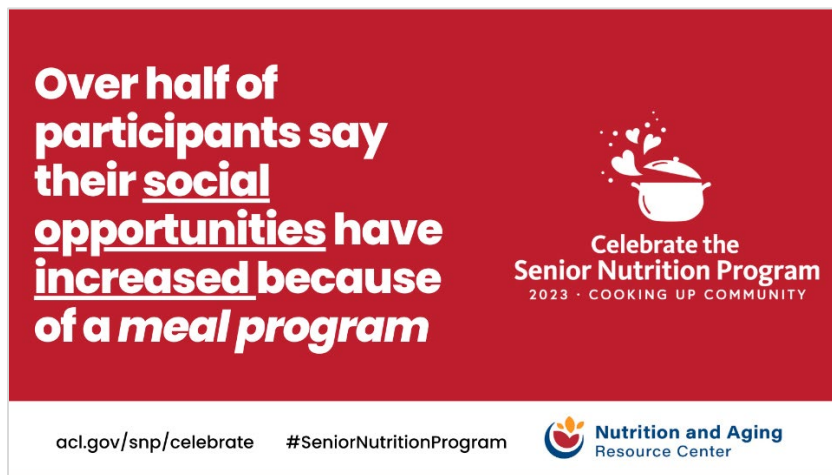
- Four of every five meal program participants say a congregate meal program improved their health. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



- One of every two participants say a congregate meal supplies half or more of their total food for the day. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



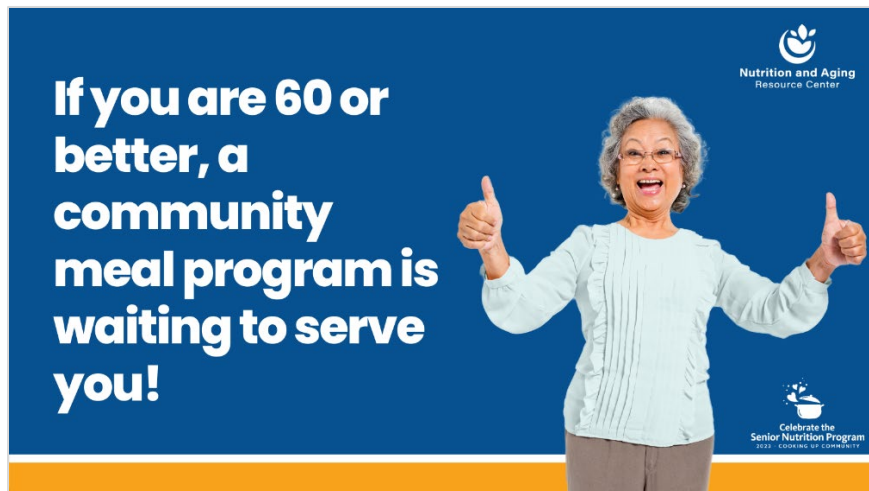
- Over half of congregate meal participants say their social opportunities have increased because of a meal program. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



- Access to safe, adequate, nutritious, quality food and fluid is essential for life, health, reduction of disease risk, and management of chronic disease and conditions. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



- If you are 60 years or better, a community meal program is waiting to serve you!
#CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



- 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!

#CookingUpCommunity #AgingNutrition #SeniorNutritionProgram

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!

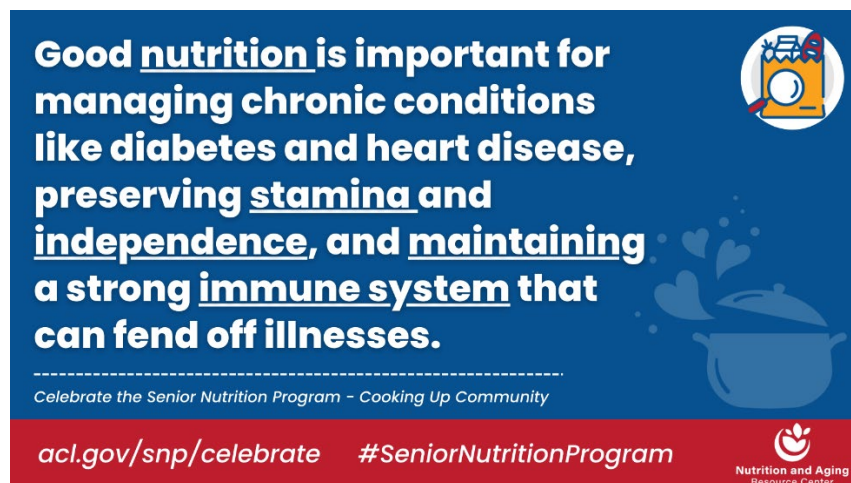


March 2023

Cooking Up Community

#SeniorNutritionProgram

- Good nutrition is important for managing chronic conditions such as diabetes and heart disease, preserving stamina and independence, and maintaining a strong immune system that can fend off illnesses. #CookingUpCommunity #AgingNutrition #SeniorNutritionProgram



Good nutrition is important for managing chronic conditions like diabetes and heart disease, preserving stamina and independence, and maintaining a strong immune system that can fend off illnesses.

Celebrate the Senior Nutrition Program - Cooking Up Community

acl.gov/snp/celebrate #SeniorNutritionProgram

Nutrition and Aging Resource Center

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.