



BISTRO SIXTY

**A Voucher Dining Program hosted by the
Waupaca County Senior Nutrition Program**

WHAT IS VOUCHER DINING?

Voucher dining is a program that allows those enrolled to receive a voucher (which is similar to a coupon). They can then visit a participating restaurant and have a meal from a pre-approved menu in exchange for turning in their voucher.

WHO DOES THIS PROGRAM SERVE?

The program serves adults over the age of 60. This may include people who already regularly dine at your business! The program's main goals are to provide access to high quality nutrition as well as provide opportunities for socialization outside the home!

WHAT ARE THE BENEFITS OF BEING A COMMUNITY PARTNER?

The restaurants that partner with the program can expect a regular source of income based on the number of participants served. Program participation also provides an opportunity to build strong bonds and a charitable reputation in the community by supporting older adults. Additionally, the program is an opportunity to spread federal grant dollars amongst the local economy. Participation is also flexible because restaurants may choose to limit the days and times of week that vouchers will be honored.

WHAT IS THE RESTAURANT RESPONSIBLE FOR?

The FOOD! Participating restaurants serve the voucher program participants just like any other customer of their establishment. However, voucher participants must order from a pre-approved menu and must present their voucher to wait staff before ordering. The restaurant serves the meal, collects the voucher, and submits the collected vouchers for reimbursement. All expenses are paid for by the program including tip!

WHAT IS WAUPACA COUNTY SENIOR NUTRITION RESPONSIBLE FOR?

Everything else! The Waupaca County Senior Nutrition Program will be responsible for participant enrollment, voucher distribution, marketing, and administration. If agreeable to both parties the nutrition program may ask participating restaurants to house registration and promotional materials in their establishment for interested customers.

WHAT ARE THE MEALS LIKE?

We've taken the liberty of reviewing your current menu and put together a list of suggested meal options for the program's pre-approved menu should you become a participating location. One thing to keep in mind as you review these suggestions is that the Senior Nutrition Program follows the Federal Dietary Guidelines and our required portions sizes are likely smaller than how you typically serve these items.

More information about this is below:

CHOICE OF ENTREE

All Meals Served with 8oz. Low-Fat Milk

1. Pizza - including 1 meat topping, 2 vegetable toppings. Served with 1 serving of fruit.
2. Rotini with Meal Sauce (1 cup of tomato sauce, and 3oz meat). Served with 1 serving of fruit.
3. Loaded Nachos (As is provides enough protein/veggies). Served with 1 serving of fruit.
4. 1/2 Chicken Pesto Sandwich with a pickle. Served with 1 serving of fruit.
5. 1/2 Philly Hungry Man Italian Beef with a pickle. Served with 1 serving of fruit.
6. 1/2 Meatball sub with a pickle. Served with 1 serving of fruit.

Fruit Ideas: Fresh Fruit (1/2 cup), Applesauce, Mandarin Oranges, Fruit Smoothie, 100% Fruit Juice

Meal Requirements: 1 serving of grains, 3 servings of fruit and/or vegetable, 8oz. of milk, and 3oz. of protein (all ideas listed above would meet these meal requirements)

PORTION SIZES

Grains: 1 slice of bread, 1/2 cup cooked rice or pasta, 6" tortilla

Fruits: 1/2 cup fresh, frozen, canned, or 100% juice

Vegetable (leafy): 1 cup

Starchy Vegetable: 1/2 potato, 1/2 cup corn

Vegetable (Other): 1/2 cup cooked or fresh

Protein: 3 oz serving

Milk: 8 ounces white or chocolate

