



Elderly Nutrition Programs

Elderly Nutrition Programs (ENP) provide seniors with low-cost, nutritious meals as well as opportunities to socialize with others. There are two programs to meet the differing needs of elderly persons - Congregate Meals and Home Delivered Meals. An estimated 70,000 seniors in Wisconsin participate in Elderly Nutrition Programs each year.

ELIGIBILITY

Am I Eligible?

YOU MAY be eligible to participate if you are in ONE of the following groups...

- You are age 60 or over. (Spouses of eligible seniors can participate regardless of their age.); OR
- You are a disabled resident (any age) living in a housing unit with a meal site.
- There are no income or asset limits.

BENEFITS

What Meal Programs are Available?

THERE ARE two meal programs:

- *Congregate Meals* serve ready-to-eat meals to seniors at over 600 community locations around the state. Sites are located in community centers, churches and other public facilities. Newcomers are always welcome and no reservation is necessary. Special diets may be available with a medical recommendation.
- *Home-Delivered Meals*, also known as "Meals-On-Wheels", brings meals to homebound seniors who can't prepare daily meals and who can't get to congregate meal sites because of frailty, illness or disability. Meals are brought by caring, sensitive persons, who are often volunteers.

Does It Cost To Participate?

WHILE THERE is no set charge for meals, you are encouraged to donate what you can afford at each meal.

How Often Can I Get Meals?

MOST PROGRAMS provide a lunch meal. The number of days each week that meals are served depends on the location.

Is Transportation Available To Meal Sites?

IN SOME areas transportation services are available to help you attend congregate meals. Specialized transportation may be available in some areas if you use a wheelchair. Reservations are required and some charges may apply.

Are Other Services Provided?

SOME LOCATIONS may also provide you with health screenings, nutrition education and nutrition counseling services.

APPLICATION

How Can I Participate?

SENIOR MEALS are administered by the Aging Office within your county or tribal human or social services department. Check the county government listings in the blue pages of your local phone book for the number. They can provide locations and times of Congregate Meal sites near you and tell you if transportation assistance is available. If you're home-bound they will arrange a visit to see if you are eligible for Meals-On-Wheels. Call 608-266-2536 for more information, or visit www.dhfs.state.wi.us/aging/Genage/ELDNUTPR.htm