

*Poor nutrition is the biggest threat to an older person's independence... and sadly, is entirely avoidable.*

For this and many other reasons, we are highlighting **two** major nutrition programs available for older adults in Dane County. The meals provide 1/3 of the RDA (recommended daily allowance) and DRI (dietary reference intake) for older adults. These meals provide protein, vegetables, fruit, grains, and milk. They follow the dietary guidelines for older Americans. The menus are approved by a Registered Dietitian.

## Eat in or Out!

Inside this brochure lists locations older adults age 60+ can visit to have a well balanced meal on a donation basis. The benefits of this program include:

- Balanced & nutritious meals
- Wide variety of food items
- Supportive services
- Company to share the meal with
- Activities before/after the meal
- Door-to-door transportation
- Increased flexibility & movement

Home-delivered meals are also available for eligible older adults throughout Dane County on a donation basis. The meals are delivered by a volunteer who also provides a safety check for homebound seniors.

## Nutrition Counseling

One-on-one nutrition counseling is available to older adults seeking information on ways to improve their overall health. Older adults (age 60 and older) who reside in areas served by Dane County's Senior Nutrition Program are eligible to meet with a Registered Dietitian to discuss nutrition-related questions or difficulties. While there is no charge for this service, donations are always welcome.

### Common Topics Include:

- Diabetic Diet
- Unintended Weight Loss
- Heart Healthy Diet
- Taste and Smell Changes
- Poor Appetite
- Parkinson's Disease
- Difficulty Chewing or Swallowing
- Basic Nutrition for Older Adults
- Constipation
- Acid Reflux
- Cooking for 1 or 2

*NOTE: Counseling solely for desired weight loss will not be approved for this service unless accompanied by a doctor referral.*

To learn more about this resource or to schedule an appointment, contact:

Alyce Miller, MS, RDN, CD  
(608) 261-5678

Miller.Alyce@countyofdane.com

## Area Agency on Aging of Dane County Nutrition Program



2865 N Sherman Ave  
Madison, WI 53704  
Phone: (608) 261-9930  
Fax: (608) 283-2995  
TTY: Wisconsin Relay 7-1-1  
Email: [aaa@countyofdane.com](mailto:aaa@countyofdane.com)  
<https://aaa.dcdhs.com>

*Co-located in the Aging & Disability  
Resource Center of Dane County*



The Area Agency on Aging of Dane County  
is a unit of the Dane County Department  
of Human Services.

Dated 2/19/20



# Dane County Senior Dining Sites

LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY	LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY
Beth Israel Center 1406 Mound St, Madison	442-4081	M Sept-May	Noon	N/A	Meadowridge Commons 5734 Raymond Rd, Madison	512-0000	T, W & R	Noon	See MOWs
Cambridge Community Center 200 Spring Street, Cambridge	838-7117	T & F	Noon	N/A	Meals On Wheels (MOWs) (SSM Health at Home)	276-7598	Lunch only	Varies	M-F
Colonial Club Sr Activity Ctr 301 Blankenheim Ln, Sun Prairie	837-4611	M-F	11:45	M-F	Messiah Lutheran Church 5202 Cottage Grove Rd, Madison	512-0000	T	Noon	See MOWs
Cranberry Creek Café* 1501 Lake Point Dr, Madison	512-0000	M & F	8:30-10:30	N/A	Middleton Senior Center 7448 Hubbard Ave, Middleton	831-2373	M-F	11:30	M-F
Cuco's Mexican Restaurant* 4426 E. Buckeye Rd, Madison	512-0000	W	11:30-1	See MOW's	Mount Horeb Senior Center 107 N Grove St, Mount Horeb	437-6902	M-F (except W)	11:15	M-F
DeForest Area Senior Center 505 N Main St, DeForest	846-9469	M-F (except W)	11:30	M-F	Northwest Dane Senior Services 1837 Bourbon Rd, Cross Plains	798-6937	M-F	11:30	M-F
DeForest Family Restaurant* 505 W North St, DeForest	846-9469	W	10-1	N/A	Oregon Area Senior Center 219 Park St, Oregon	835-5801	M-F (except R)	11:45	M-F
Festival Foods Grocery Store* 810 E Washington Ave, Madison	512-0000	R	11-1	N/A	Romnes Apartments 540 W Olin Ave, Madison	512-0000	M-F	11:30	See MOWs
Fink's Restaurant* 204 W Main St, Mt Horeb	437-6902	W	9-1	N/A	St. Stephen's Lutheran Church 5700 Pheasant Hill Rd, Monona	512-0000	R	Noon	See MOWs
Fitchburg Senior Center 5510 E Lacy Rd, Fitchburg	270-4290	M-F	Noon	M-F	Stoughton Area Senior Center 248 W Main St, Stoughton	873-8585	M-F	Noon	M-F
Goodman Community Center* 149 Waubesa St, Madison	241-1574	M-F	11:45	See MOWs	Sugar River Senior Center 21 S Vine St, Belleville	424-6007	M, W & F	11:30	M-F
Hmoob Kaj Siab 4402 Femrite Dr, Madison (Hmong Traditional Foods)	512-0000	M-F	Noon	See MOWs	Warner Park Community Rec Ctr 1625 Northport Dr, Madison	512-0000	M-F (except R)	11:30	See MOWs
Lussier Community Ed. Ctr 55 S. Gammon Rd, Madison	512-0000	F	Noon	See MOW's	Waunakee Senior Center 333 S Madison St, Waunakee	849-8385	M-F	11:30	M-F
Madison Senior Center 330 W Mifflin St, Madison	512-0000	M-F	11:30	See MOWs	Ziggy's BBQ Smoke House* 135 S Main St, Oregon	835-5801	R	11:30-1	N/A
McFarland Senior Outreach 5915 Milwaukee St, McFarland	838-7117	M, W & F	11:45	M-F	<i>* Cranberry Creek Café, Cuco's Mexican Restaurant, DeForest Family Restaurant, Festival Foods Grocery Store, Fink's Restaurant, Goodman Community Center &amp; Ziggy's BBQ Smoke House do not require a reservation.</i>				

With the exception of the sites listed with \*, select a convenient site and call by 10am one business day ahead to make a meal reservation.

Dated 2/19/2020

For more information, contact Dane County Dietitian Alyce Miller at [Miller.Alyce@countyofdane.com](mailto:Miller.Alyce@countyofdane.com) or (608) 261-5678.