

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:
Shannon Gabriel, RDN, CD
(608) 261-5678
Gabriel.Shannon@countyofdane.com

Area Agency on Aging of Dane County Nutrition Program

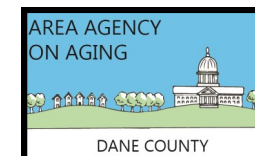


Fellowship, Food  Fun

*An apple a day
isn't enough
nutrition to keep
a senior adult
healthy.*

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
<https://dcdhs.com/Area-Agency-on-Aging>

*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 11/2/21



Dane County Senior Dining Sites

LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY
Beth Israel Center 1406 Mound St, Madison	442-4081	M Sept - May	Noon	N/A
Cambridge Community Center 200 Spring Street, Cambridge	838-7117	T, F	Noon	N/A
Colonial Club Sr Activity Ctr 301 Blankenheim Ln, Sun Prairie	837-4611	M-F	11:30	M-F
DeForest Area Senior Center 505 N Main St, DeForest	846-9469	M-F (except W)	11:30	M-F
DeForest Family Restaurant* 505 W North St, DeForest	846-9469	W	10-1	N/A
Fink's Restaurant* 204 W Main St, Mt Horeb	437-6902	T	11-1	N/A
Fitchburg Senior Center 5510 E Lacy Rd, Fitchburg	270-4290	M-F (except W)	Noon	M-F
Goodman Community Center 149 Waubesa St, Madison	241-1574	M-F	Noon	See MOWs
Good Shepherd Lutheran Church 5701 Raymond Rd, Madison	512-0000	F	Noon	See MOWs
Hmoob Kaj Siab (Hmong Food) 4402 Femrite Dr, Madison	512-0000	M-F	Noon	See MOWs
Hy-Vee Market Grille* 220 Fitchrona Rd, Fitchburg	240-4290	W	10:30-1	N/A
Hy-Vee Market Grille* 675 S. Whitney Way, Madison	512-0000	W	10-1	N/A
Hy-Vee Market Grille* 3801 E Washington Ave Madison	512-0000	M,W	10-1	N/A
Madison Senior Center 330 W Mifflin St, Madison	512-0000	M-F	11:30	See MOWs

LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY
McFarland Senior Outreach 5915 Milwaukee St, McFarland	838-7117	M, W, F	Noon	M-F
Meadowridge Commons 5734 Raymond Rd, Madison	512-0000	T & R	Noon	See MOWs
Meals On Wheels (MOWs) (SSM Health at Home)	276-7598	Lunch only	Varies	M-F
Messiah Lutheran Church 5202 Cottage Grove Rd, Madison	512-0000	T & R	Noon	See MOWs
Middleton Senior Center 7448 Hubbard Ave, Middleton	831-2373	M-F	11:30	M-F
Monona Senior Center 1011 Nichols Rd, Monona	512-0000	F	Noon	See MOWs
Mount Horeb Senior Center 107 N Grove St, Mount Horeb	437-6902	M-F (except T)	11:15	M-F
Northwest Dane Senior Services 1837 Bourbon Rd, Cross Plains	798-6937	M-F	11:30	M-F
Oregon Area Senior Center 219 Park St, Oregon	835-5801	M-F (except R)	11:45	M-F
Romnes Apartments 540 W Olin Ave, Madison	512-0000	M-F	11:30	See MOWs
Stoughton Area Senior Center 248 W Main St, Stoughton	873-8585	M-F	Noon	M-F
Sugar River Senior Center 21 S Vine St, Belleville	424-6007	M & F	12:00	M-F
Warner Park Community Rec Ctr 1625 Northport Dr, Madison	512-0000	M-F (except W)	11:30	See MOWs
Waukeee Senior Center 333 S Madison St, Waukeee	849-8385	M-F	11:30	M-F
Ziggy's BBQ Smoke House* 135 S Main St, Oregon	835-5801	R	11:30-12:45	N/A

With the exception of the sites listed with *, select a convenient site and call by 9am one business day prior to make a meal reservation.

* DeForest Family Restaurant, Fink's Restaurant, Hy-Vee Market Grille & Ziggy's BBQ Smoke House do not require a reservation.

For more information, contact Dane County Dietitian Shannon Gabriel at Gabriel.Shannon@countyofdane.com or (608) 261-5678.