



# Senior Nutrition Program

Senior Dining



Fellowship, Food  Fun

*It's more than a meal...*

*Connecting you with support and services*

## TABLE OF CONTENTS



Introduction	Pg. 2	Welcome to Marquette County's Senior Nutrition Program!
Nutritional Information	Pg. 3	Nutrition is an important part of older adult's lives to keep them healthy and independent. Eating a nutritious meal daily helps support mental and physical function, helps prevent malnutrition, and may help manage some chronic conditions.
Program Funding	Pg. 4	
Senior Dining	Pgs. 5-6	In 1978, our program started and continues to provide nourishing meals, companionship and connections to services that promote independent living.
Home Delivered Meals	Pgs. 7-8	The program's goals are to: <ul style="list-style-type: none"><li>• Promote a healthy lifestyle through good nutrition and health promotion</li><li>• Expand social opportunities</li><li>• Reduce hunger and food insecurity</li></ul>
Winter Weather Information	Pg. 9	
Meal Reheating Instructions	Pgs. 10	
Volunteer Information	Pg. 11	Nutritious meals are provided for people 60 years of age or older (and their spouses regardless of age). For disabled individuals under 60, please call our office for eligibility. Meals are served at six Senior Dining Sites throughout the county. In addition to getting delicious meals, each site provides an excellent opportunity to meet new people, participate in social activities, and keep informed of programs and issues through education and outreach. There are no income guidelines.
Senior Nutrition Program Contact Info	Pg. 12	Home delivered meals are provided to people who meet eligibility requirements with a doctor, hospital discharge planner, social worker, or health care professional is preferred. In addition to a meal, our drivers provide a safety check for participants.

## Nutritional Information

Menus are approved by a registered dietitian and follow the federal and state guidelines. Meals are prepared locally in our Central Kitchen in Montello. We provide a general diet.

### Each meal contains:

- 3 oz. of protein
- 3 servings of fruits and/or vegetables
- 1 serving of bread
- 8 oz. of 2% milk
- Dessert or fruit

### In addition:

- Each meal provides 1/3 of the U.S Recommended Daily Allowances of vitamins and minerals for adults
- All meals are prepared with no added salt and contain no more than 1200mg sodium per day average per week
- All meals are reduced in saturated fat with <10% of calories coming from saturated fat
- Fruit is served fresh, frozen, or canned in juice



## Senior Nutrition Program Funding

Because the program is partially funded with Older Americans Act (OAA) federal dollars, the guidelines state that we can suggest a donation for meals served to people who are 60 years old or older (and their spouse or domestic partner regardless of age).



However, the OAA believes in giving people the opportunity to share the cost of the meal. The suggested donation for meals at our senior dining sites is \$3.00. The suggested donation for home-delivered meals is \$3.25. No one is denied a meal if they are unable to contribute. All donations are confidential. While contributions are voluntary, they are also essential to keep the program in operation. (People who are less than 60 years old also may eat at any of the Senior Dining Sites as long as they pay for the full price of the meal (\$17.20).

## Marquette County Senior Dining Locations

Meals are served at Six Senior Dining Sites throughout the county. Meals are available on a donation basis with a suggested donation of \$3.00.

### Endeavor

Endeavor Civic Center  
400 Church St, Endeavor WI 53930  
Meal Served: 12:00 - Wed

### Montello

Montello Dome  
140 Lake Court, Montello WI 53949  
Meals Served: Noon – Mon thru Fri

### Neshkoro

Neshkoro Library  
132 S. Main St, Neshkoro WI 54960  
Meal Served: 12:00- Mon, Wed, Fri

### Oxford

Oxford Village Hall  
129 S. Franklin St, Oxford WI 53952  
Meals Served: 11:45 – Tues and Thurs

### Packwaukee

Packwaukee Town Hall  
N3511 State St, Packwaukee WI 53953  
Meals Served: 11:30 – Mon and Fri

### Westfield

Westfield Municipal Building  
129 E. 3<sup>rd</sup> St, Westfield WI 53964  
Meals Served: 12pm- Mon thru Fri

We do require that you call the day before by 3:00pm (or 3:00pm on Friday for Monday) to reserve your place at the table.

**To make a reservation call (608) 297-3146 or toll-free at (855) 440-2372.**

Senior Dining



Fellowship, Food Fun

## Senior Dining Site Guidelines

- Treat staff, volunteers, and guests with respect.
- Minimize wasted food by canceling any reservations as soon as you can by calling the Nutrition Program Office at (608) 297-3146.
- Provide information required by our funding sources when requested.
- Contribute to the cost of the meal by donating what you can afford. Please don't ask about or comment on what other's donate.
- Follow appropriate grievance procedures if you have a complaint or concern.
- Be part of a positive atmosphere. Conduct yourself according to dining site expectations.
- If you take any part of your meal home, be responsible for handling it safely. Refrigerate and reheat appropriately.
- If you wish to bring "treats" to the Senior Dining Sites, please notify the dining site manager in advance. *(The "treats" must be served after the meal to avoid any confusion.)*



## Home Delivered Meals

Home-delivered meals are provided to individuals age 60 or older who are homebound and unable to prepare adequate meals on their own. A referral from a doctor, hospital discharge planner, social worker, or health care professional is preferred. Disabled individuals may also be eligible to receive meals. Please call our office for complete eligibility qualifications.

Nutritious meals are delivered to participant's homes Monday thru Friday on most routes. Frozen meals are also available. Meals are provided on a long term or short-term basis.

In addition to a meal, our drivers provide a safety check and friendly smile for the participants. In the event that a participant does not answer for their meal, the driver will call the participant and/or the emergency contact to verify everything is okay. If necessary, public safety officers may be contacted to do a safety check.

Participants have the privilege of making a monthly donation to the program with a suggested donation of \$3.25 per meal. No one will be denied a meal due to their inability to contribute. Each month, a letter is sent to home-delivered meal participants (or a designated payee) stating how many meals were delivered. Contributions may be sent to the program monthly. While contributions are voluntary, they are also essential to keep the program in operation.



## Home Delivered Meal Guidelines

The following guidelines have been adopted for the Home Delivered Meal Program to run smoothly and effectively:

1. Be sure that your house address can be seen easily from the street.
2. If you will not be home because of a medical appointment, etc. please call the Program office at (608) 297-3146. The drivers are not allowed to leave your meal if you are not home. (A 24- hour notice is preferred for meal cancellations. This allows us enough time to make adjustments.) However, in an emergency, please call the office as soon as possible. Emergency procedures, which may lead to a check by the Sheriff's Department, will be initiated when someone is unaccounted for.
3. The container your meal arrives in is disposable. **If you do not eat the meal when it arrives, it must be refrigerated or frozen.**
4. **Frozen meals must be used within 30 days or thrown out.**
5. For the safety of the meal transporters, **PLEASE RESTRAIN DOGS AND OTHER PETS AT THE TIME OF MEAL DELIVERY.**
6. In winter, it is your responsibility to arrange for your sidewalk and driveway to be cleared of snow and/or ice to ensure the safe delivery of your meal.

## Winter Weather Information

The following guidelines have been adopted for the Home Delivered Meal Program to run smoothly and effectively:

Winter weather creates the possibility of closing the Senior Dining Sites and canceling Home-Delivered Meals. If Montello School is closed then the dining sites will be closed and home-delivered meals will not be delivered. Listen to the following radio stations for information on closings due to bad weather.

WCWC Radio 96.1 FM                      WDDC Radio 100 FM  
WISS Radio 102.3 FM                      WBKY Radio 95.9 FM

There are other situations that may cause us to cancel meals. We will make the decision based on road conditions, weather forecast and the safety of drivers.

Please make arrangements to have your driveway plowed and walkway salted before the scheduled meal delivery.

If you have questions, please call:  
**(608) 297-3146** or **toll-free (855) 440-2372**



## Reheating Instructions for Frozen Meals

**Do not thaw meal before reheating.** Leave meal sealed.

### Microwave Instructions:



Heat on high setting for 2 to 3 minutes.

Microwave ovens may vary. Meal should be steaming when you peel back seal. **Be careful when peeling back seal because steam may burn you.** If meal is not steaming, recover with seal and heat again for 1 minute at a time until steaming.

### Oven Instructions:



Preheat oven to 350°.

Heat meal for about 20 minutes. Ovens may vary. Meal should be steaming when you peel back seal. **Be careful when peeling back seal because steam may burn you.** If meal is not steaming, recover with seal and place in oven for 3 minutes at a time until steaming.

## VOLUNTEERING

Just as we count on donations, we also count on volunteers. Many volunteer opportunities exist at each of the Senior Dining Sites and participants are encouraged to be involved.

Assisting the Senior Dining Site Manager with various tasks such as: setting and clearing the tables, helping with activities, greeting participants, etc. will help you become acquainted with other people. Socialization is what our Senior Dining Sites are all about and volunteering is a great way to make social connections within your community.

Pamphlets are available at each Senior Dining Site about programs in the county, or call the Aging Unit Office to find out more about volunteer opportunities.



### Contact Us

Marquette County ADRC  
Senior Nutrition Program  
428 Underwood Ave  
P.O. Box 405  
Montello, WI 53949

Amelia Cisewski, RDN, CD  
Nutrition Program  
(608) 297-3146  
[acisewski@co.marquette.wi.us](mailto:acisewski@co.marquette.wi.us)

Aging & Disability Resource Center  
(855) 440- 2372  
[adrc@co.marquette.wi.us](mailto:adrc@co.marquette.wi.us)

Or visit our website:  
[www.adrcmarquette.org](http://www.adrcmarquette.org)

*Please feel free to call the ADRC for answers to questions or more information on services for senior citizen residents.*