

ABOUT THE PROGRAM

The Jefferson County Nutrition Program provides meals to anyone age 60 and older and a spouse of any age. The Nutrition Program has six meal sites throughout the County. In-person dining and home delivered meals are available. See location availability inside brochure.

WHAT IS THE COST?

Meals are available on a contribution basis. Suggested contribution is \$5.00 per meal. Meals are served, at most sites, five days a week (Monday - Friday) except on holidays and days that our office is closed.

THE MENU



Meals provided contain 1/3 of the recommended daily intake for an adult. The menu is reviewed by a registered dietitian and then prepared by a local caterer. Meals are nutritionally balanced, and include an entree, sides, dessert & milk. No concentrated sweets dessert and meatless options are available upon request.

Menus are available at dining sites, in community newspapers, and on the Jefferson County Website (see back of brochure for Website information).

The Nutrition Program is funded by Title III (Older Americans Act), The State of Wisconsin Bureau on Aging, and by contributions from participants, families, and other donors.

Jefferson County is an equal opportunity provider.



For more information, call the Nutrition Program Supervisor at **(920) 674-8134** or call the Aging and Disability Resource Center of Jefferson County: **(920) 674-8734**
TTY: 1-800-947-3529
Toll Free: 1-866-740-2372

www.jeffersoncountymi.gov
Click on Departments> Human Services> Aging and Disability Resource Center> Senior Dining & Home Delivered Meals



Jefferson County Nutrition Program

(Senior Dining & Home Delivered Meals)

FOR ALL JEFFERSON COUNTY ADULTS
AGE 60 AND OLDER

For more information please call:
(920) 674-8134



HOME DELIVERED MEALS

If you are homebound and unable to leave home to attend a dining center, the nutrition program has home delivered meals that may offer an alternative way to receive a meal.

Home delivered meal recipients gain the benefit of social interactions with volunteers who deliver their meal daily. Volunteers also provide a well-being check to ensure our loved ones stay safe.

Due to funding availability, home-delivered meal recipients must meet specific criteria. An assessment for eligibility is required before meals can be provided.

For more information and eligibility please call the Nutrition Program Supervisor at **(920) 674-8134**.

WHY IS NUTRITION IMPORTANT?

Eating a balanced diet is important at any stage in life and may:

- Lessen the effects of diseases in older adults
- Decrease the risk of developing other diseases
- Improve quality of life

A meal, and so much more!



DINING SITE LOCATIONS

CONG= Congregate (In-Person) Dining

Fort, Cambridge, Edgetn, Whitewater:

Home Delivered: Mon - Fri
CONG: Mon - Fri (11:30AM)
Fort Atkinson Senior Center
307 Robert Street
(920) 728-4756

Jefferson, Helenville, Johnson Creek:

Home Delivered: Mon - Fri
**** JC and Helenville HDMs M/W/F Only****
CONG: Mon - Fri (11:30AM)
Jefferson Senior Center
859 Collins Road
(920) 728-0259

Lake Mills:

Home Delivered: Mon - Fri
CONG: Mon, Wed, Thurs. (11:00AM)
Lake Mills Municipal Building
200 Water Street
(920) 728-6982

Rome, Sullivan, Palmyra:

Home Delivered Meals: Mon - Fri
(262) 753-3108

Waterloo:

Home Delivered Meals: Mon - Fri
(920) 723-1547

Watertown, Ixonia:

Home Delivered: Mon - Fri
**** Ixonia HDMs M/W/F Only****
CONG: Mon - Fri (11:45AM)
Watertown Senior Center
514 S. 1st Street
(920) 728-1210

CONG DINING CENTERS

The Nutrition Program serves in-person meals at various locations throughout the County. Reservations are required and **must be made two business days in advance**. For Monday meals, please call to reserve by the Thursday before.

To make a reservation, please sign up at the dining center or call the Site Manager phone number listed under each location. Salad options available for in-person diners only.

Congregate meal participants must complete a registration form on their first day of dining and then annually. No participant can be served without a registration on file.



NEED A RIDE?

Watertown:

The Watertown Senior Center may provide taxi vouchers to bring you to the center to participate. **Contact the Senior Center at (920) 262-8099.**

Fort Atkinson:

The Fort Atkinson Senior Center may provide round trip rides in the City of Fort Atkinson. **Contact the Senior Center at (920) 397-9913**

*Good food, good company,
good friends!*