



Meals and Much More! Support Meals Programs for Older Vermonters

Meal Programs Help Older Vermonters Stay Healthy and Connected to Their Communities.

Older Vermonters need what we all need, including access to nutritious food and connection with other people. Meal programs for Older Vermonters are one of the best tools we have to combat malnutrition and isolation. **Over 70% of older Vermonters surveyed said meals programs help them stay healthy and continue to live in their homes and communities.**



Meals programs deliver nutritious food as well as warm smiles, a safety check, and the support that keeps older Vermonters in their homes, where they want to be. Older Vermonters remaining at home and out of hospitals and nursing homes improves overall health and saves millions in health care costs.

Older Vermonters see many benefits from home delivered meals.

- **71.84% were able to continue living in their homes.**
- **74.43% eat healthier food.**
- **50% were able to achieve and maintain a healthier weight.**
- **60.63% Have improved health.**

Let's Make Sure Older Vermonters Have the Food They Need.

Vermont is a state with a thriving food economy and no Vermonter should be malnourished or go hungry. Home Delivered Meals Programs provide over 1,000,000 nutritious meals to over 17,000 Vermonters. With adequate funding the program can ensure that older Vermonters can stay in their homes, get the food they need, and get a safety check from a friendly volunteer.

We ask the legislature to help ensure older Vermonters have the food they need by...

- *Increasing state appropriations for home delivered meals.*
- *Covering home delivered meals in the Choices for Care program.*

Covering Home Delivered Meals is the Right Choice

Vermont currently covers the cost of meals for Choices for Care participants in nursing homes but does not cover the cost of meals for people who receive services at home. With an investment of approximately \$200,000 Vermont could...

- **Provide 76,822 home delivered meals, enough for every Choices for Care participant who currently receives them.**
- **Draw down an additional \$233,000 in federal funds to the state to help feed Vermonters**

Meals Programs in Vermont

Home Delivered Meals

Older Vermonters can receive up to five nutritious home delivered meals a week depending on where they live. **These meals provide needed food and contact for older Vermonters living at home.** Home delivered meals connect older Vermonters with community volunteers who provide basic safety checks, and help older Vermonters get the care they need.



Congregate Meals

Outside of the home, congregate meals are provided in senior centers and dining halls in communities across the state. **Congregate meal programs provide older Vermonters with the opportunity to enjoy nutritious meals and group activities amid the company of their peers and neighbors, combating social isolation and loneliness and helping to build community.**

Meal Programs by the Numbers 2018	
Age Well People Served 5,428 Total meals 270,500	Central Vermont Council on Aging People Served 2,438 Total meals 220,855
Northeast Kingdom Council on Aging People Served 2,461 Total meals 172,614	Senior Solutions People Served 4,645 Total meals 206,741
Southeastern Vermont Council on Aging People Served 3,008 Total meals 222,766	Vermont Totals People Served 17,692 Home Delivered Meals 798,261 Congregate Meals 295,215 Total meals 1,093,476



Learn More About Meal Programs in Your Community

Our five Area Agencies on Aging partner with local agencies to provide meals at community sites and Meals on Wheels to individuals who live at home and need a nutritious meal delivered. Nutrition counseling may also be available to individuals. **For more information about what is available to you for nutritious meals, call our HelpLine at 1-800-642-5119.**