# NUTRITION

Nutrition plays a major role in the prevention, treatment and recovery from illness and disease. Many seniors may not receive adequate nutrition due to rising food costs, health problems, or the inability to shop and/or prepare meals. Listed below are a variety of resources meant to address these obstacles.

## ***DU PAGE SENIOR CITIZENS COUNCIL'S (DSCC) SENIOR NUTRITION PROGRAM***

**DuPage Senior Citizens Council**
Senior Nutrition Program
1919 S. Highland Avenue
Building A, Suite 210
Lombard, IL 60148
**(630) 620-0804**
**www.dupageseniorcouncil.org**

The DuPage Senior Citizens Council's (DSCC) Senior Nutrition Program helps seniors remain healthy and independent. This program has two components: Home Delivered Meals and Community Dining. The Senior Nutrition Program is available to all seniors age 60 and older. The program is donation based, and no senior is denied service because of his or her inability or unwillingness to pay. The total cost of a meal is approximately $8.00 – any donation amount is appreciated and helps keep the program available for all DuPage seniors.

### ***Home Delivered Meals***

Help seniors remain healthy and independent by providing them with regular well being checks and nutritious meals delivered to their homes. Meals are packed and delivered each weekday to homebound seniors by volunteers who have been trained in food safety. All meals are well-balanced, nutritious, low sodium, and meet many special dietary needs, such as, vegetarian, puréed, and/or diabetic. Meals are delivered Monday through Friday between 10:30 a.m. and 1:30 p.m., 52 weeks per year. Frozen meals are provided for weekends and holidays.

To request Home Delivered Meals, please contact **DuPage County Senior Services** at **(630) 407-6500**, or **1-800-942-9412**. Intake staff will conduct a phone

screening to determine preliminary eligibility. A case manager will conduct an in-home assessment to confirm eligibility, discuss other resources, and provide case management services as needed.

## ***Community Dining***

Volunteers serve meals at Nutrition Sites throughout DuPage County. Seniors receive a balanced and nutritious meal and the opportunity to socialize with other seniors. Menu items can be viewed on the website. Meals are available midday Monday through Friday at most sites. Any senior age 60 or older is invited. Bring a friend or a grandchild and enjoy a fun dining experience with us! Activities are available at most sites, such as holiday and seasonal celebrations, educational seminars, bingo games, card games, music performances, movie screenings, or short exercise programs. **Reservations must be made a day in advance by calling the DuPage Senior Citizens Council at (630) 620-0804**. Visit **www.dupageseniorcouncil.org** for days of service.

**Glendale Heights Center for Senior Citizens (Classic American Cuisine and Deli Sandwiches)**
260 Civic Center Plaza, Glendale Heights, IL 60139
**(630) 620-0804, Ext. 320**

**Lifelink – Castle Towers – (Classic American Cuisine and Deli Sandwiches)**
325 S. York Road, Bensenville, IL 60106
**(630) 620-0804, Ext. 310**

**Lifelink - Peace Memorial Senior Residence – (Classic American Cuisine and Deli Sandwiches)**
3737 Highland Avenue, Downers Grove, IL 60515
**(630) 620-0804, Ext. 304**

**Marian Park Senior Residence – (Classic American Cuisine)**
2126 W. Roosevelt Road, Wheaton, IL 60187
**(630) 620-0804, Ext. 308**

**Metropolitan Asian Family Services - (Indian/Vegetarian Cuisine)**
Wednesday and Friday only. Lunch served 12:00 p.m. – 2:30 p.m.
127 E. Main Street, Roselle, IL 60148
**(630) 620-0804, Ext. 317**

**Shahi Nihari – (Authentic Pakistani-Indian Cuisine)**
530 E. North Avenue, Lombard, IL 60148
Thursday only, 12:00 p.m. – 3:00 p.m., minimal donation $3.00 required
Reservations required: Call **(630) 776-7456, or (630) 803-8130**

**Westmont Park District Senior Center – (Classic American Cuisine)**
55 E. Richmond Drive, Westmont, IL 60559
**(630) 620-0804, Ext. 318**

**York Township Senior Center – (Classic American Cuisine and Deli Sandwiches)**
1502 S. Meyers Road, Lombard, IL 60148
**(630) 620-2421**

## ***FOOD RESOURCES***

**Food pantries**, located at some township offices (listed on page 40); churches and other non-profit agencies throughout DuPage County, maintain a supply of food for individuals in need. When government commodities are available, they are also distributed through local food pantries. Eligibility requirements vary. Call DuPage County Senior Services at **(630) 407-6500** or **1-800-942-9412**, for the sites nearest you or visit **www.communityhungernetwork.org** to locate the food pantries that serve your area.

**Supplemental Nutrition Assistance Program (SNAP), "Food Stamps"**, help low-income households buy the food they need for good health. Those individuals age 60 and over with liquid assets below $3,000 and monthly gross income below $1,815 can apply. The monthly food stamp allowance depends on the number of people in the household and the monthly income after allowable deductions such as rent and utilities. Benefits are provided through the Illinois Link System via a debit-like card. Applications are taken at the local **DHS Office/Family Community Resource Center**, see page 36, or call **(630) 530-1120**.

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Lombard, IL 60148
**(630) 620-0804**

Home Delivered Meals, a private pay option, provides a daily choice of either a hot meal or deli sandwich Monday through Friday. This service includes the benefit of a personal visit each day providing the reassurance of a well-being check. A six-week menu cycle assures variety. Each meal is equivalent to 1/3 of the Reference Dietary

Intake for adults over 60. Some special diets can be accommodated. Fee is $6 per meal (subject to change).

**Humanitarian Service Project**
**The Senior Citizen Service Project**
465 Randy Road
Carol Stream, IL 60188
**(630) 221-8340**
**www.humanitarianservice.org**

Provides fresh, wholesome and nutritious food, personal care items and household products to DuPage County's low-income elderly. Sponsorship is solicited from individuals, groups and corporations to purchase these items for the senior they have "adopted". Volunteers deliver food directly to eligible participants every month. This service is based on availability.

## ***GROCERY DELIVERY***

**Hometown Grocer's** will take your order by phone for groceries delivered by Caputo's or Happy Foods if you live in their delivery area. Call for more information or to place your order, **1-877-933-3003,** or visit online at **www.hometowngrocers.com**

**Peapod** is an online service for placing your orders and having your groceries and sundries delivered to your home. Visit online at **www.peapod.com.**

## ***MEAL PREPARATION SERVICES***

For individuals finding it difficult to shop for and prepare meals or caregivers trying to balance multiple responsibilities, meal preparation services might be the answer. Some "kitchens" offer an opportunity for a customer to visit and prepare 6, 8 or 12 fresh meals. These meals can be taken home and refrigerated or frozen until needed, then cooked and served. For others strapped for time, the service may assemble the meals for pick up or delivery. Meals are chosen from a large selection of entrees1. For menus or fees, call or visit on-line.

**Dinner By Design**
6238 Main Street, Downers Grove, IL 60516
**(630) 810-0107**
**www.dinnerbydesignkitchen.com**

Twelve or more entrees are prepared each month, refrigerated or frozen. Deliver to all Chicagoland area.

**Entrée Kitchen**
Winfield Crossing
26W276 Geneva Road, Unit A, Carol Stream, IL 60188
**(630) 668-4450**
**www.entreekitchen.com**

Fourteen different entrees per month, assemble your own on site or request preassembly. Made fresh to cook or freeze at home. Pick-up or delivery available.

**Kate's Comfort Food**
123 E. Ogden Avenue, suite 102A, Hinsdale, IL
**(630) 323-7231**

Prepared by Casey's Market in Western Springs, delivered by Home Helpers HomeCare. Meals are fresh or fresh frozen, can be microwaved or oven heated. Delivery area southeastern DuPage and southwestern Cook counties.

**Mom's Meals**
**1-866-971-6667**
**www.momsmeals.com**

Offers fifty fresh, diabetic-appropriate breakfasts, lunches and dinners delivered to your door by Federal Express. Standard, heart healthy, gluten free, vegetarian and low carb options available.

**Pure Foods Fresh Start**
**1-866-526-3257**
**www.purefoodsfreshstart.com**

Restricted calorie weight loss plan, delivered fresh to the door. Gluten free meals available. Standard menu includes breakfast, lunch, dinner, a snack and a treat.

**Seattle Sutton's Healthy Eating**
**1-800-442-3438**
**www.seattlesutton.com**

Five week rotation of meals, includes three meals per day. Delivered fresh, but can be frozen. Meals are microwaveable.