

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, and meet many special dietary needs, such as low sodium, vegetarian, puréed, and/or diabetic. Meals are delivered Monday through Friday between 11:00 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 and refer seniors to DSCC. A case manager will conduct an in-home assessment after meals begin to verify 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's 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**.

Castle Towers Senior Residence – (Classic American Cuisine and Deli Sandwiches)

325 S. York Road, Bensenville, IL 60106
(630) 521-8881

La Casa de Campo Restaurant – (Mexican Cuisine)

120 West Irving Park Road, Bensenville, IL 60106
(630) 766-7225

Marian Park Senior Residence – (Classic American Cuisine)

2126 W. Roosevelt Road, Wheaton, IL 60187
(630) 462-9025

Martin Avenue Senior Residence – (Classic American Cuisine)

310 W. Martin Avenue, Naperville, IL 60540
(630) 355-7551

Metropolitan Asian Family Services - (Indian/Vegetarian Cuisine)

127 Main Street, Roselle, IL 60172
(630) 307-6277

Peace Memorial Senior Residence – (Classic American Cuisine and Deli Sandwiches)

3737 Highland Avenue, Downers Grove, IL 60515
(630) 963-3780

Westmont Park District – (Classic American Cuisine)

55 E. Richmond Drive, Westmont, IL 60559

(630) 963-0308

York Township Senior Center – (Classic American Cuisine and Deli Sandwiches)

1502 S. Meyers Road, Lombard, IL 60148

(630) 620-2421

FOOD RESOURCES / PROGRAMS

Food pantries, located at some township offices (listed on page 39); 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.

Food Stamps (Link Card), 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 \$1,107 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 35, or call **(630) 530-1120**.

Angel Food Ministries

P.O. Box 128, Good Hope, GA 30641

1-888-819-3745

www.angelfoodministries.com



A non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. Each month a box of groceries containing staples, fresh and frozen items worth approximately \$60 can be purchased for \$30. There is no limit on number of boxes that can be ordered. Pre-order is required. For specific details or to find the nearest host site, call or visit the website.

Humanitarian Service Project
The Senior Citizen Service Project
1425 S. Neltnor Boulevard (Rt. 59)
West Chicago, IL 60185
(630) 231-1542

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. Intakes are completed through **DuPage County Senior Citizen Services at (630) 407-6500 or 1-800-942-9412.**

Seattle Sutton's Healthy Eating
611 E. Stevenson Road, Ottawa, IL 61350
1-888-442-3438
www.seattlesutton.com

Will provide 21 different meals for a week, ready to heat and serve. Order by phone or on-line and meals will be delivered to your home twice a week. Meal plans available to meet either 1200 or 2000 calories per day.

Senior At Home Services Company
1N045 Richard Avenue
Wheaton, IL 60187
(630) 665-7099
www.seniorathomeservices.com

Delivers home-style entrees, fresh and not precooked, to seniors in the DuPage County area. Provides wholesome foods for refrigerator/freezer without the grocery shopping and preparation.

Senior Citizen Services also maintain a list of privately owned businesses providing shopping and delivery services for the elderly. Call **(630) 407-6500** or **1-800-942-9412.**

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. The following “kitchens” offer an opportunity for a customer to visit and prepare 6, 8 or 12 fresh meals within 2 hours. These meals can be taken home and refrigerated or frozen until needed, then cooked and served. For others strapped for time, the service will assemble the meals for pick up. Some also offer delivery. Meals are chosen from a large selection of entrees that change each month. For menus or fees, call or visit on-line.

Dinner By Design

Bloomingtondale (630) 893-0300

Downers Grove (630) 810-0107

Elmhurst (630) 516-3233

Wheaton (630) 933-9665

www.dinnerbydesignkitchen.com

Entrée Kitchen

Winfield Crossing

26W276 Geneva Road, Unit A, Carol Stream, IL 60188

(630) 668-4450

www.entreekitchen.com

Victoria’s Kitchen

811 E. Butterfield Road, Suite 115, Wheaton, IL 60187

(630) 682-9999

www.victoriaskitchen.net

General Dietary Guidelines

From the following organizations: U.S. Department of Health & Human Services, The National Research Council, and The American Heart Association

- ◆ Eat a balanced diet, chosen from a variety of foods.
- ◆ Keep your calories at a level that allows you to maintain a healthy weight.
- ◆ Reduce your intake of total dietary fat, saturated fat, and cholesterol.
- ◆ Eat more foods high in complex carbohydrates and fiber.
- ◆ Use salt and foods high in salt and sodium sparingly.
- ◆ Drink alcoholic beverages in moderation, if at all.
- ◆ Drink plenty of water.