



## ABOUT US

Our team of nutrition coordinators and registered dietitians are dedicated to helping older adults understand the importance of proper nutrition, access healthy food, and develop practical skills for safe and affordable eating.



## ERIE COUNTY DEPARTMENT FOR THE AGING NUTRITION PROGRAM



**716-858-2639**





## STAY FIT DINING

Our Congregate Dining Program serves nutritious lunches every weekday at noon at over 40 locations across Erie County. Open to adults 60 and older, it's a great way to eat well, stay socially connected, and enjoy the company of others. A confidential contribution per meal is suggested.

## STAY FIT- FROZEN MEAL PROGRAM

Ensuring that you or a loved one has nutritious meals available in the home when you need them. Meals are available in 3, 5, 6, 8 or 10-pack varieties. A confidential contribution per meal is suggested.

## NUTRITION COUNSELING

Give our NY Connects line a call for free one-on-one counseling (716)858-8526.



## NUTRITION WORKSHOPS

### Cooking with SASS

Cooking with SASS (Smart and Simple Sustenance) is a four week fun and interactive cooking series that highlights easy cooking techniques, strategies and skills utilizing simple and nutritious recipes to teach older adults to Cook with SASS!

### SNAP Education

Are you 60+? Join our workshops to have fun and improve your choices in shopping, eating, and physical activity that are good for you and your wallet!

### Walk with Ease

This walking program developed by the Arthritis Foundation can help to reduce pain and improve overall health. It is designed to build confidence and increase motivation. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease!



## HOME DELIVERED MEALS

Call our NY Connects line at (716) 858-8526 for a free assessment. You may qualify for weekday delivery of dietitian-planned meals to your home. A confidential contribution is suggested for each delivery day.



## FOOD PANTRIES

Food Pantries and Soup Kitchens are located throughout Erie County to serve emergency needs and provide assistance - please call our NY Connects line at (716) 858-8526.

