



## FOR IMMEDIATE RELEASE

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### **Erie County Senior Services Celebrates National Nutrition Month: Emphasizing the Importance of Nutrition for Older Adults**

**Erie County, NY – March 2025** – In recognition of National Nutrition Month this March, Erie County Senior Services is proud to highlight the essential role that nutrition plays in the health and well-being of older adults. The theme for National Nutrition Month 2025 is "Food Connects Us," as food connects us to our cultures, families, and friends. Erie County Senior Services is committed to promoting healthy eating and encouraging older adults to make nutritious food choices that can enhance their quality of life.

"As we age, our nutritional needs change, and maintaining a balanced diet becomes increasingly important for our overall health," said **Randall Hoak, Commissioner of Senior Services**. "Good nutrition supports healthy aging, helps prevent chronic diseases, boosts energy levels, and can improve mental health. National Nutrition Month provides the perfect opportunity to remind our community that the right food choices can make a significant difference in the lives of older adults."

Erie County Senior Services is dedicated to supporting older adults with essential nutrition resources year-round, not just during National Nutrition Month. The department consistently offers various tools and educational materials to help seniors make informed decisions about their diet and overall health. These resources emphasize the importance of maintaining a well-balanced diet, staying properly hydrated, and understanding how age-related changes in the body affect food choices.

#### **What Erie County Senior Services Offers to Support Senior Nutrition Every Day:**

- **Nutrition Workshops:** Throughout the year, department experts provide nutrition workshops and webinars tailored to older adults, covering topics such as portion control, nutrient-dense foods, and how to manage age-related conditions like diabetes and heart disease through healthy eating.
- **Healthy Meal Options:** Erie County Senior Services offers seniors a variety of healthy, easy-to-make recipes designed to meet their unique dietary needs. These meals prioritize

nutrition and convenience, ensuring that healthy eating is accessible and enjoyable for older adults.

- **Stay Fit Dining:** A wonderful way to create relationships by sharing a meal, combat food insecurity, or if a loved one has difficulty preparing meals, Erie County Senior Services provides access to local meal programs offering nutritious, well-balanced meals. These programs are designed to meet the specific needs of older adults, ensuring they have the nourishment they need to thrive. These include daily lunch programs across over 40 different partner locations and a frozen meal program.
- **Nutrition Counseling:** Erie County Senior Services also offers personalized nutrition counseling to older adults, providing one-on-one guidance tailored to individual health conditions, dietary preferences, and lifestyle needs. This service helps develop a nutrition plan that supports unique health goals and ensures older adults make the best food choices for their well-being.
- **Ongoing Access to Nutrition Resources:** Erie County Senior Services regularly partners with local community organizations to distribute valuable nutrition-related resources, ensuring seniors have continuous access to the information and support they need to make healthy choices every day.

By offering these resources year-round, Erie County Senior Services helps older adults lead healthier, more fulfilling lives by making it easier to prioritize nutrition and well-being.

“We encourage all older adults to consider their nutritional needs and take advantage of the support available to them,” said **Hoak**. “By focusing on proper nutrition, seniors can experience better health, improved mobility, and a higher quality of life.”

For more information, resources, and programs available to seniors, please visit Erie County Senior Services’ website at <https://www3.erie.gov/seniorservices/> or contact the Department’s NY Connects line 716-858-8526.

**About Erie County Senior Services:** Erie County Senior Services is committed to enhancing the quality of life for older adults in Erie County by providing a variety of programs, services, and resources that promote independence, dignity, and well-being. From meal delivery services to educational workshops, Erie County Senior Services is dedicated to supporting seniors and their families.