

MEAL DESIGN & PREPARATION

Our meals are prepared each morning for both on & off-site service in the Senior Center's commercial grade kitchen by ServeSafe certified staff.

Each meal is designed under the supervision of a Registered Dietitian to meet 1/3 of the Recommended Daily Allowances (RDA) for Adults like you.



EACH MEAL INCLUDES:

- ✓ **PROTEIN:** 3 ounces of meat, fish, poultry and/or beans
- ✓ **FRUITS & VEGETABLES:** Two 1/2 cup servings
- ✓ **VITAMIN C:** Fresh and raw cold foods served at least twice per week
- ✓ **DAIRY:** 1/2 pint of milk or at least 400mg of calcium from combined menu items.
- ✓ **WHOLE GRAINS or ENRICHED GRAINS:** Two servings of rice and/or breads
- ✓ **HIGH CALORIE:** At least 700 calories served each meal
- ✓ **LOW SODIUM:** Content does not exceed 1,300mg of sodium per meal
- ✓ **LOW FAT:** No more than 30% of the total calories per meal are from fats

SENIOR CENTER RUTHERFORD COUNTY

FUNDING AND COSTS

The Nutrition Programs offered by the Rutherford County Senior Center are supported by the Home and Community Care Block Grant, local government, churches, businesses and individual donations. The Home Delivered Meals (HDM) program receives additional support from the RHI Legacy Foundation and United Way of Rutherford County.

Meals cost \$7-8 each. Cost sharing/ consumer contributions are encouraged and welcomed from participants and/or their families. Meals are NOT dependent on an individual's ability or inability to contribute.

DONATIONS

Donations may also be made in honor of a special occasion, a memorial, or in the form of a bequest.

FOR MORE INFORMATION
CALL 828-287-6409

THERE ARE NO STRANGERS HERE...
ONLY FRIENDS WE HAVE NOT MET

A UNITED WAY MEMBER AGENCY



193 Callahan Koon Road | Suite 132 | Spindale, NC 28160
Senior Center of Excellence | 828.287.6409



Nutrition Programs

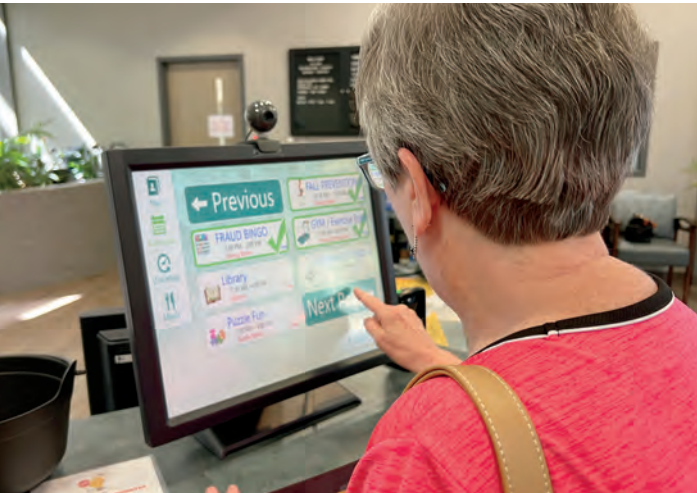


SENIOR CENTER
RUTHERFORD COUNTY NC

ENJOY A HEALTHY LUNCH
FOR AGES 60 AND OLDER

In-Person Dining

The Senior Center serves fresh, healthy meals for members aged 60 and older. Our meals are made fresh every morning and served in the dining room at the Senior Center at **11:30am, Monday through Friday**. We also have an off-site meal location in Ellenboro. *Holiday schedules are subject to change.*



HOW DO I REGISTER TO EAT IN-PERSON WITH US?

Rutherford County Senior Center Members can register at the kiosk in the **Senior Center Lobby** or by calling **828.287.6409**.

YOU MUST REGISTER BY NOON THE BUSINESS DAY BEFORE YOU PLAN TO EAT WITH US.

If your plans change, call 828.287.6409 to cancel by 9am that day.

WHERE WE SERVE



RUTHERFORD COUNTY SENIOR CENTER DINING ROOM
193 Callahan Koon Road
Suite #132
Spindale, NC 28160
828.287.6409



BETHEL BAPTIST CHURCH FELLOWSHIP HALL
479 Main Street
Ellenboro, NC 28040
828.453.8668



Home Delivered Meals Program

This non-profit program is provided to give proper nutrition to homebound seniors aged 60 and older who cannot meet this need on their own. Participants are delivered a fresh, nutritious meal to their door Monday-Friday in the late morning, stored in special containers that maintain their required temperatures.

ELIGIBILITY DETERMINATION

An individual may qualify to receive home delivered meals for either a long- or short-term length of time. An individual's income or assets do NOT factor into determining eligibility.

Following eligibility determination, a comprehensive in-home assessment is completed by the Nutrition Manager. With approval, the prospective participant is added to the program or placed on a waiting list. Each participant is reassessed twice per year.

HOW DO I APPLY FOR HOME DELIVERED MEALS?

CALL OUR NUTRITION MANAGER AT 828.287.6362 OR THE RUTHERFORD COUNTY SENIOR CENTER AT 828.287.6409

Referrals are taken via a phone call from the prospective participant, a family member, or healthcare provider with the person's permission.

Applications are also available online @ **<https://Rutherford.RJA.Revize.com/forms/95>**