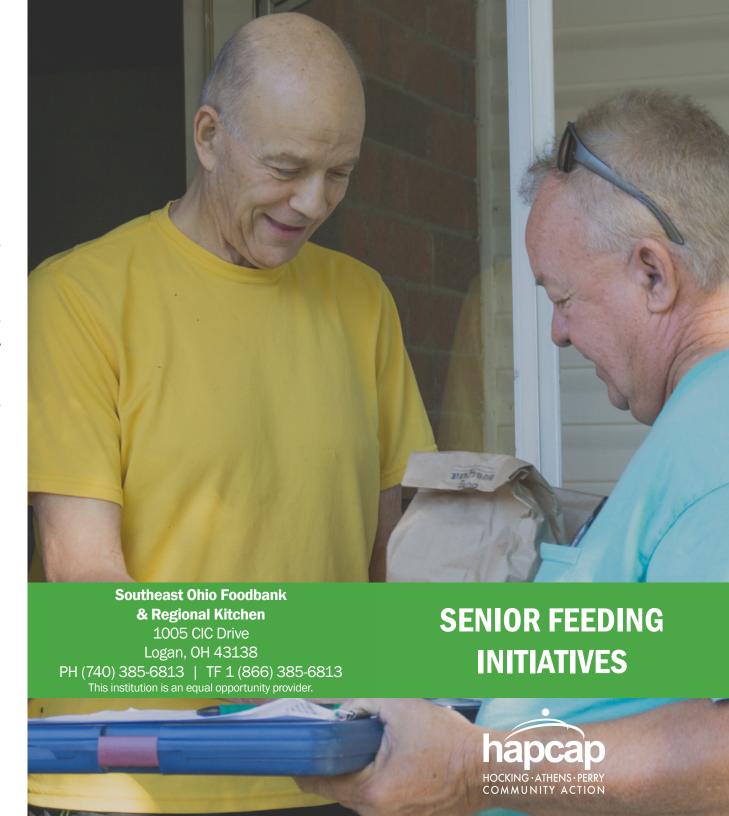
# We are driven to feed our seniors.

The Southeast Ohio Foodbank & Regional Kitchen provides several programs to help feed seniors in need. These nutrition programs are administered by Hocking Athens Perry Community Action.

To apply, please call the Foodbank & Kitchen at (740) 385-6813.









#### **Meals on Wheels**

Meals on Wheels is a program that delivers made-from-scratch hot, cold, and frozen meals to senior citizens and homebound residents in Athens and Hocking counties. We offer regular and restricted diet meals including diabetic and low-sodium meals

Meals are prepared in our USDA-approved kitchen and meet 1/3 of the daily nutritional requirement guidelines set forth by the American Dietetic Association.

Hot meals are delivered 1-3 times per week. Frozen prepared meals are provided for non-delivery days.

Our "hot shot" delivery trucks contain both refrigeration and heating units so that meals are delivered to clients' homes at the appropriate temperature.

### **Congregate Dining**

Meals on Wheels also delivers lunches 5 days per week to three congregate sites in Athens and Hocking counties at no cost to seniors 60 and older.

#### **Scenic Hills Senior Center (Hocking County)**

187 S Spring Street Logan, OH 43138 (740) 385-6581

#### **Three Star Dining Center (Athens County)**

1 Cross Street Glouster, OH (740) 767-3415

#### **Athens County Community Center**

701 E State Street, Suite 101 Athens, OH 45701 (740) 594-3535

If you would like to dine at a congregate meal site, please call our office by 8AM the day you plan to eat with us so we can reserve your meal.

To be eligible you must be 60 or older or the caregiver for someone 60 or older (or pay \$5 per meal)

## Commodity Supplemental Food Program (CSFP)

We provide a monthly box of protein-rich shelfstable food items to seniors in our 10-county region.

CSFP food boxes are packed at our facility, then delivered to local distribution sites once a month. Participants can then pick up their food boxes at a local location.

We currently provide 3,700 commodities boxes to seniors in all 10 counties.