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What you need?

City, County, or Zip

Nutrition and Food Assistance [\(/printmail/article/64201/nutrition-and-food-assistance\)](/printmail/article/64201/nutrition-and-food-assistance)



Eating the right foods is important throughout life. Good nutrition can help you reduce the risk of chronic disease or help manage it. Eating healthy foods and exercising leads to a higher quality of life as you grow older.

Preparing healthy and nutritious meals can be hard. There are resources listed below that may be helpful. A brief overview of eligibility qualifications is included.

Nutrition Sites

What are Nutrition Sites?

Nutrition sites are for people over 60. Meals are served in neighborhood gathering places such as churches, senior centers, and other community centers. They are sponsored by your local Area Agency on Aging. The sites are sometimes called *Diner's Clubs* or *Friendship Cafés*. *Senior Activity Centers* or *Wellness is Now Centers* can also be sites. Nutrition sites help you stay connected to your community and meet your nutritional needs.

What programs and services are available at the Nutrition Sites?

Meals: A balanced meal with 1/3 of your daily nutrients.

Activities: You may enjoy things like:

- exercise,
- lectures,
- health and nutrition education,
- health screenings,
- recreation,
- social fun, and
- assessment: You may qualify for other services in your community.

What does a Nutrition Site cost?

Tax dollars help fund part of this service. There is no charge for meals. If you can, think about making a donation.

How do I qualify for Nutrition Site participation?

You can use this service if you are:

- 60 or older, and
- physically and mentally independent.

Call your local Area Agency on Aging to learn more.

Where do I apply for a Nutrition Site?

Find your local Area Agency on Aging (AAA) by visiting the [Virginia AAA website \(http://www.vaaaa.org/agencies/\)](http://www.vaaaa.org/agencies/) and call them to ask about your nearest nutrition site.

Home Delivered Meals

What are Home Delivered Meals?

Often referred to as "Meals on Wheels," the home delivered meals program brings you a meal, if you cannot leave your home. Friendly, caring volunteers or staff also check on you when they stop by with your meal.

What programs and services are available related to Home Delivered Meals?

- Meals: A balanced meal with 1/3 of your daily nutrients.
- Social contact: A brief, social contact.
- Home visits: A program assessment and help with finding services, if needed.

What costs are associated with Home Delivered Meals?

Tax dollars help fund part of this service at the local Area Agencies on Aging. Contact your local Area Agency on Aging to determine if you qualify for free home delivered meals. If you do receive home delivered meals, think about making a donation.

Some non-profit Meals on Wheels programs offer meals based on your ability to pay. Follow the link to locate your nearest [Meals on Wheels program](http://www.mealsonwheelsamerica.org/) (<http://www.mealsonwheelsamerica.org/>).

How do I qualify for Home Delivered Meals?

You may qualify if you are:

- 60 or older,
- can't leave your home for regular social activities, and
- have no one to help you fix healthy meals

Call your local Area Agency on Aging (AAA) to learn more. To find contact information, such as phone numbers, for your local AAA, visit the [Virginia AAA](http://www.vaaaa.org/agencies/) (<http://www.vaaaa.org/agencies/>) website. Some private, non-profit Meals on Wheels may serve you if you are under 60, cannot leave your home, and have a disability.

Where do I apply?

Find your local Area Agency on Aging (AAA) by visiting the [Virginia](http://www.vaaaa.org/agencies/) (<http://www.vaaaa.org/agencies/>) (<http://www.vaaaa.org/agencies/>)AAA (<http://www.vaaaa.org/agencies/>) website and call them to ask about this home delivered meals program.

Other Resources for Healthy Eating

- Nutrition.gov Life Stages from Kids to Seniors (<https://www.nutrition.gov/life-stages/seniors>)
- Fruits and Veggies Matter, Centers for Disease Control and Prevention (<http://www.fruitsandveggiesmorematters.org/>)
- Local Food Banks (<http://vafoodbanks.org/>)
- Medline Plus Nutrition for Seniors (<https://medlineplus.gov/nutritionforseniors.html>)
- Meals on Wheels America (<http://www.mealsonwheelsamerica.org/>)

Article Source: Virginia Department for Aging and Rehabilitative Services

Last Reviewed: Thursday, January 12, 2017

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