

Senior Nutrition Program

A Program of Catholic Charities of Fairfield County



Introduction:

Senior Nutrition Program

Catholic Charities of Fairfield County has sponsored the Senior Nutrition Program for more than 37 years serving over 400 elderly individuals on a daily basis. We provide nutritious meals, through Meals on Wheels, and at Congregate Meal sites, to individuals 60 years and older. There is a suggested donation to help cover the meal costs.

MEALS ON WHEELS

Meals on Wheels delivers healthy meals, human connection and a watchful eye for approximately 400 homebound elderly per day, at a time when they need it most.

Meals On Wheels satisfies the nutritional needs of the homebound elderly and disabled by providing a well-balanced meal and a safety check.

CONGREGATE MEAL PROGRAM

Café meals are offered at 8 meal sites, 3 of which are located in Stamford, Monday through Friday. Seniors benefit from dining in a group setting coupled with options to participate in activities ranging from computer classes to Tai Chi.

Changing Lives One Delivery At a Time

- 6 paid, PT and FT Drivers
- Provide a meal delivery, safety check and maintain a relationship with the clients
- Nutritionally balanced meal, Social connectedness and sense of hope



Impact of Donations

- With food costs on the rise, increases ability to provide additional meals, on an as needed basis, for those who need it most.
- Partially subsidizes the cost of gas for the refrigerated trucks in the midst of rising prices.
 - Helps to maintain a fleet of 8 refrigerated trucks.
- Allows the program to provide emergency, frozen meals, in the event the Drivers are unable to deliver.

Contact Information:
Maureen P. Neuberger
Director, Senior Nutrition Program
203-324-6175