A new approach to engaging seniors through an innovative meal program

A few of the locations we’ve chosen:

Art museums and arts centers, including a clay workshop and touring a community theatre.

Community gardens, where the meal was ‘fresh picked’ and included a garden tour.

Area historical sites, including a homestead site and museum.

Local natural and “health” food stores, that offered cooking classes using economical bulk food items.

The local library, local churches, and senior residence complexes often offer options for space at no cost.

Some of the food we’ve served:

International cuisine (Asian, Brazilian, Italian, Mexican)

Local cuisine (pasties, seasonal food, “comfort” food)

Soups and sandwiches

Salads with fresh baked breads

Quiches

Many restaurateurs and caterers are willing to work with us to create meals that meet regulations.

Samples of educational presentations we’ve given:

Low impact exercise

Advanced directive planning

Oral health/ Affordable dental care in our area

Caregiving

Grief counselling options

Protection against fraud and scams

Fall prevention

Flu season/ immunizations

Reducing holiday stress

Local resources for elders

Contact me!

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“Making friends is easy when you’re sharing something new.”

Congregate Meals go on the Road!

A new approach to engaging seniors through an innovative meal program
How our program works

Each month we create and host roaming congregate meal events which feature a variety of cuisine, plus interesting and educational programs. Meals are held at various locations in our area.

Participants may experience a cooking class at the local natural food store, tour the local performing arts center, enjoy a summer picnic on the grounds of the historical museum or a historical site just to name a few of the opportunities we offer.

Two opportunities each month make it easier for active seniors to schedule to attend. Reservations are required as space is limited.

Creating a mobile congregate meal program has its challenges. To start, we answered some important questions:

- How would the meals be transported?
- What about food safety?
- How big of a group can we serve based on budget and space available for each use?
- How often can we provide the meal?

You may want to create a small focus group to get ideas for options that may work best for your community.

Consider volunteer supports to:

- Help serve meals
- Help set up and clean up after the meal
- Help transport to some locations

LOCATION:

- What does access to the location look like?
- Is it on a bus route?
- Do they have kitchen facilities?
- What is the cost?

MENU:

- Will the seniors like it?
- Are they local?
- Can they accommodate special diets?
- What is the cost?

EDUCATIONAL COMPONENT:

- Is it an interesting topic?
- How meaningful is it to the group?
- Are they a good speaker?
- What is the cost?

“I never liked healthy food until I tried it!”

“I love the picnics, nobody takes me on picnics anymore.”