

Meals for Seniors

Frequently Asked Questions

The ARRA provided funds for nutrition for Mississippi Seniors in congregate settings and for some people who are homebound.

Q. How may I participate in the program?

A. Mississippians over the age of 60 may participate in the senior nutrition program by calling the local area agency on aging. Telephone numbers are available at http://www.mdhs.state.ms.us/aas_agcy.html

Q. What is a congregate meal?

A. It is a meal and more. A nutritious lunch, served at a senior center or congregate meal site, is also served with companionship and social interaction in a local setting. Activities such as games, arts and crafts, education programs, and exercise classes are often available. To find the closest site near you, contact your local area agency on aging at http://www.mdhs.state.ms.us/aas_agcy.html

Q. What do I do if my community does not have a center or congregate meal setting?

A. If your community does not have a senior center, but would like one, contact the director of the local area agency on aging to explore ways your city or county can partner to invest in becoming an Aging friendly community.

Q. What about seniors who are home bound?

A. A limited number of home delivered meals are available for seniors age 60 and older who are unable to leave their home. The purpose of a home delivered meal is to provide a nourishing meal to persons who are at nutritional risk, usually because they can no longer care for themselves. To qualify for a home delivered meal, contact your local area agency on aging at http://www.mdhs.state.ms.us/aas_agcy.html

Q. How long will the congregate and home delivered meals program be available?

A. The meals program is an ongoing program, however the ARRA enhanced program will end August 15, 2010.