

Eligibility

Individuals eligible to participate in the congregate meals program include:

- Individuals sixty (60) years of age or older and their self-declared spouse of any age;
- Disabled individuals under age 60 who reside with persons over age 60;
- Disabled individuals under age 60 who reside in housing facilities occupied primarily by older adults;
- Persons under age 60 who provide meal related volunteer services; and
- Staff members of the nutrition program who are 60 years of age or older.

Individuals eligible to receive home delivered meals include:

- Individuals sixty (60) years of age or older who are homebound or who are geographically isolated;
- Disabled individuals under 60 years of age who reside with eligible participants;
- Spouses of home delivered meal participants.

Wyoming Department of Health

Aging Division

Community Living Section

Hathaway Building

2300 Capitol Avenue, 4th Floor

Cheyenne, WY 82002

Phone:

(307) 777- 7995

(800) 442- 2766

Website:

<https://health.wyo.gov/aging/communityliving/>



Wyoming Department of Health

Congregate and Home Delivered Meals Nutrition Programs

Aging Division
Community Living Section
Nutrition Services





Nutrition Programs

The nutrition programs' purpose is to reduce food insecurity and hunger, while promoting socialization among Wyoming's older adults.

The congregate nutrition program is designed to provide a welcoming atmosphere where older adults can gather for a meal together. Seniors can enjoy meeting new people, forming friendships and support groups by coming together for meals on a regular basis.

The home delivered nutrition program is provided in the home of individuals who might not be able to get out of their home to join in meals at the congregate setting. Home delivered meals are often the first in-home service that an older adult receives, and the program is a primary access point for other home- and community-based services.

Services Offered

Both nutrition programs offer the following services: meal services, nutrition screening, nutrition education, and nutrition counseling.

Meal Services

Meals provided through the congregate and home delivered meal nutrition programs are designed to be healthy, nutritious meals for older adults. The menus contain a variety of fruits, vegetables, and protein in addition to being designed to meet the satisfaction of the individuals receiving the meals.

Many of the senior centers offer a noon meal, with some beginning to branch out into breakfast or dinner hours (check with your local senior center for more details). Meals served under the congregate and home delivered nutrition programs are simply done at the request of a suggested contribution.



Nutrition Screening

Nutrition screening is offered through the meal programs. The checklist is used to identify characteristics associated with dietary or nutrition problems. Individuals at high risk for nutrition programs can be referred for further assessment or counseling.

Nutrition Education

Nutrition education is offered to benefit older adults by providing general information in regards to health or nutrition. The information is given or approved by a Registered Dietitian. Individuals receiving congregate nutrition services will have the opportunity to participate in a presentation. Individuals receiving home delivered nutrition services will have the opportunity to receive flyers delivered with the meal.

Nutrition Counseling

Nutrition counseling consists of a one-on-one session with a Registered Dietitian. The session entails information that pertains more to personal health or diet. This service is offered so that if a participant has specific questions about their diet, they have an opportunity to receive advice and guidance.

