

Nutrition Program



THE NUTRITION PROGRAM

The goal of the Nutrition Program at Highland Valley Elder Services is to make sure that every person over 60 receives at least one nutritionally balanced meal each day. The menu, created by a Registered Dietitian, is compliant with national nutrition standards for older adults. Meals are free to all who qualify. Donations are gratefully accepted.

LOCAL DINING CENTERS

Older adults can choose to have a hot noon meal plus social engagement, or take a meal to go at a number of local dining centers throughout our 24-town area. Community diners are encouraged to join the Nutrition Project Council which provides feedback directly to program administrators. Twice per year, enjoy a Lunch and Learn with a registered dietitian who will discuss educational topics during lunch.

Some comments from our Home Delivered Meal Recipients-

"We are still in our home, thanks to your meals."

"Highland Valley's meals program is tremendously helpful to our family."

"My dad enjoys the meals and getting to choose his entrees."

Hot Meals: Your Place or Ours

www.highlandvalley.org



HOME DELIVERED MEALS

For those who qualify, a hot, healthy meal prepared in our own kitchen can be delivered to your home. This program includes a daily check-in from a driver, who has your well-being in mind. Evening and weekend meals are also available.



Learn about our meal programs by calling Information and Referral at 413-586-2000.



It's our purpose to assist these communities by offering home-based supportive services that increase older adults' independence and choice:

Amherst • Blandford • Chester
Chesterfield • Cummington
Easthampton • Goshen
Granville • Hadley • Hatfield
Huntington • Middlefield •
Montgomery • Northampton •
Pelham • Plainfield
Russell • Southampton • Southwick
Tolland • Westfield
Westhampton • Williamsburg
Worthington

Highland Valley Elder Services, Inc.

is a private tax-exempt organization that links people and communities to resources for dignity and choice.

We are a federally designated Area Agency on Aging (AAA) and a state designated

Aging Services Access Point (ASAP).

The Agency receives federal funds from the Administration on Aging and state funding from the Massachusetts Executive Office of Aging & Independence (AGE).



**To Report Elder Abuse 24/7:
Call 800-922-2275**



320 Riverside Drive, Suite B
Florence, MA 01062



413-586-2000
www.highlandvalley.org



info@highlandvalley.org

Agency Hours: Monday-Friday 9am-5pm



Highland Valley
ELDER SERVICES