

NUTRITION COUNSELING

Nutrition Counseling is personalized guidance to individuals at nutritional risk because of their health or nutrition history, dietary intake, chronic illnesses or medication use.

A Registered Dietitian (RD) provides nutrition counseling to older adults in Nassau County.

Counseling is provided at Senior Community Service Centers, in the home or by phone.



NUTRITION INFORMATION AND EDUCATION

A Registered Dietitian (RD) prepares educational materials for home delivered meal recipients each month.

RDs provide nutrition education programs at each congregate meal site at least six times each year.

Participants are able to interact with the RD. Nutritional handouts are distributed to congregate and Home Delivered Meal recipients. Topics include Food Safety, Diet, Wellness, Food Labeling

Nassau County
Department of Human Services
Office for the Aging
60 Charles Lindbergh Boulevard
Uniondale, New York 11553
(516) 227-8900

Nassaucountyny.gov/Aging

The Nassau County Home Delivered Meal program is made possible with funding from Nassau County, Office for the Aging, New York State Office for the Aging, U.S. Administration on Aging, the U.S. Department of Agriculture, contract agencies and participant contributions.

CONTRIBUTION POLICY

All participants are given the opportunity to contribute towards the cost of the meals they receive. Contributions become part of the operating budget and enable the program to serve additional meals during the year.

Participants are encouraged to contribute what they can. However, no one is denied the service due to inability or unwillingness to contribute. All contributions are considered confidential and seniors can remain anonymous if they choose.

Contributions are also gratefully accepted from family and friends. Anyone wishing to make a donation please call the Office at (516)227-8900.



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

The Office for the Aging is in full support of the Americans with Disabilities Act. If an individual with a disability needs special accommodation, please mention when you call.

Nassau County
Department of Human Services
Office for the Aging



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Nutrition Services

For more information
please call

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CONGREGATE MEALS AND NUTRITION PROGRAMS AT NASSAU COUNTY SENIOR CENTERS

A comprehensive and coordinated county wide network of multi-purpose centers has been established, which serve as a gathering place and community focal point.

Each center has a wide variety of social, recreational, educational, and cultural activities. Nutritious hot lunch is provided, and many centers offer transportation.

All residents over 60 are welcome to participate. No dues or fees are charged, but you are offered the opportunity to make a confidential contribution to the cost of the program and services.

For more information please call (516) 227-8900 or visit www.nassaucountyny.gov/seniorcenters

Our Locations:

- Bethpage
- Franklin Square
- Freeport
- Glen Cove
- Great Neck
- Hempstead
- Herricks
- Hewlett
- North Merrick
- Oceanside
- Oyster Bay
- Point Lookout
- Port Washington
- Rockville Center
- Wantagh
- Westbury

HOME DELIVERED MEALS

The purpose of Nassau County's Home Delivered Meal Program is to provide a temporary means of assisting older adults while they are recovering from illness or injury.

The Office for the Aging delivers meals throughout Nassau County, through our partnership with:

- Catholic Charities of Long Island
- EAC Network, Inc.
- Mom's Meals

An in-home assessment by a Case Manager is required to confirm eligibility. During the assessment referrals are made for other services that might be needed or helpful.

Meals are delivered weekdays. All food is cooked fresh and then flash frozen to maintain the highest quality. Frozen meals allow flexibility with time serving and food choices.

Each meal provides one third of the participant's daily nutritional requirements, and is prepared without added salt, sugar and fat. Unsweetened desserts or fresh fruit are also available.

Reheating instructions are affixed to each meal.

HOME DELIVERED MEALS ELIGIBILITY CRITERIA:

- A resident of Nassau County: over 60 years of age, the spouse of an eligible service recipient, a disabled non-senior residing with a service recipient
- Mobility impaired - unable to leave home unassisted
- Living alone and unable to have nutritional needs met
- Unable to cook and/or shop - due to health issues; lack of food preparation facilities (stove or refrigerator); or inability to meet special dietary needs
- Able to understand and carry out procedures to handle meals safely



MAKE A DIFFERENCE: VOLUNTEER

Volunteers are needed. They can and do make a difference each day, by bringing a smile and a greeting along with the nutritious meals. They provide a safety check to help insure the continued well-being of the participant.