



ELDERLY NUTRITION PROGRAM

The Elderly Nutrition Program serves nutritionally balanced meals and provides nutrition education and nutrition counseling, as appropriate.

Meals are served at congregate meal sites which are known as Senior Community Cafés. The cafés are in senior centers, elderly housing facilities, schools, churches, restaurants and other community settings. Congregate meals are served at approximately 171 meal sites (Community Cafés) in Connecticut.

Home-delivered meals may be available to adults who are homebound or otherwise isolated and unable to go to a Community Café.

Who Do We Serve?

- Adults age 60 and older and their spouses
- Individuals with disabilities, under the age of 60, who live with an older person
- Individuals with disabilities, under the age of 60, living in elderly housing facilities that have congregate meal sites



– Growing Older Together –

1-866-218-6631
www.ct.gov/aging



CONTACTS

For information about meals or services contact The State Department on Aging at 1-866-218-6631.

You may also call 1-800-994-9422 to be directed to your local Area Agency on Aging or contact the Agency directly at:

Senior Resources/Eastern CT Agency on Aging
860-887-3561
www.seniorresourcesec.org

Southwestern CT Agency on Aging
203-333-9288
www.swcaa.org

North Central Area Agency on Aging
860-724-6443
www.ncaaact.org

Western CT Area Agency on Aging
203-757-5449
www.wcaaa.org

Agency on Aging of South Central CT
203-785-8533
www.aoascc.org



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