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Vermont's Community Meal Programs – Serving Up Good Nutrition to Older Vermonters *DAIL travels across the state throughout March to see healthy eating in action*

[Every March is National Nutrition Month®](#), led by the Academy of Nutrition and Dietetics, to promote the power of positive food choices and healthy eating habits. Two staff of the [Department of Disabilities, Aging and Independent Living](#) (DAIL) are hitting the road this March to visit five towns in five different regions of the state where nutritious meals and healthy activities are offered to older Vermonters at local senior centers. Vermont's State Unit on Aging Director Angela Smith-Dieng and Registered Dietician Mary Woodruff are excited to connect with older Vermonters in the following locations:

- Barton Area Senior Services, Inc. in Barton
- [Bennington Café](#) in Bennington
- [Bugbee Senior Center](#) in White River Junction
- [Northfield Senior Center](#) in Northfield
- [Winooski Senior Center](#) in Winooski

The purpose of this road trip is to see programs in action, learn about local successes and challenges from leaders on the front lines, and highlight the importance of good nutrition and social engagement for healthy aging.

The [Older Americans Act nutrition programs](#) served 18,000 older Vermonters more than 1 million meals in 2018. These meals, including those delivered to people's homes and those served in community, help to reduce hunger, promote social connectedness, and prevent the need for higher cost interventions and care. These programs are administered by the state's five [Area Agencies on Aging](#), and meals are provided by staff and volunteers from a variety of community organizations. With one in four Vermonters over the age of 60 and our demographics continuing to shift, these nutrition programs are critical now and will be for years to come.

Do you want to enjoy a great meal with your neighbors? To find out more, call the Agencies on Aging Helpline at 1-800-642-5119 or visit www.vermont4a.org.

About the Department of Disabilities, Aging & Independent Living (DAIL):

Our mission is to make Vermont the best state in which to grow old or to live with a disability - with dignity, respect and independence.

<http://dail.vermont.gov/>

<https://www.facebook.com/DAILVT>

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