



## For More Information

To learn how you, a relative or neighbor can participate in the program, please call OCES at 508-584-1561.

If you are interested in volunteering, please call OCES at 508-584-1561.

## Service Area

Abington, Avon, Bridgewater, Brockton, Carver, Duxbury, East Bridgewater, Easton, Halifax, Hanover, Hanson, Kingston, Lakeville, Marshfield, Middleboro, Pembroke, Plymouth, Plympton, Rockland, Stoughton, Wareham, West Bridgewater & Whitman



## Old Colony Elder Services

144 Main Street  
Brockton, MA 02301  
508-584-1561

TTY: 508-587-0280

Fax: 508-897-0031

[www.ocesma.org](http://www.ocesma.org)

[www.800ageinfo.com](http://www.800ageinfo.com)

1-800-Age-Info (1-800-243-4636)

**Services are available in many languages!**

OCES and its programs are funded in part by contracts with the Executive Office of Elder Affairs.

# Nutrition Program



Providing services to the community since 1974



**OCES aspires to welcome everyone without exception! Whether you are looking for help or are interested in helping others, we are here to support you.**



## The Nutrition Program

This program enriches the quality of one's life by providing nutritionally sound and satisfying meals to program recipients. Meals are available at community dining sites and delivered to homes (Meals on Wheels).

## Community Dining

Anyone age 60 or older, as well as people with disabilities, can receive meals at a community dining site. These sites not only serve meals but provide opportunities for attendees to engage in social interaction and various programs offered at each site.

## Home Delivered Meals (Meals on Wheels)

Adults age 60 or older who meet program eligibility can receive meals delivered to their homes. The meals provide an important nutritional supplement for recipients who are unable to prepare their own. Delivery of the meal assures regular contact from the community for those who are unable to leave their homes.

## Donation Request

To help support the Nutrition Program, donations are requested from everyone receiving meals. All donations are used solely to underwrite the costs of providing meals to recipients. Only with these donations are we able to continue providing meals to the many people we serve. Recipients are encouraged to participate by donating any amount they can.

## The Meal

All meals are planned by a Nutritionist and meet one-third of the Recommended Daily Allowance for major nutrients. We do not use high sodium foods and there is no salt added in cooking. We serve only low-fat milk with our meals. Diabetic and therapeutic meals are available per physician orders.

If you are curious about what kinds of meals are served, you can visit our website:

[www.ocesma.org](http://www.ocesma.org)

## Volunteers

The continued success of the Nutrition Program is primarily due to the efforts of meal site staff along with hundreds of volunteers who assist at the meal sites and who deliver Meals on Wheels.

