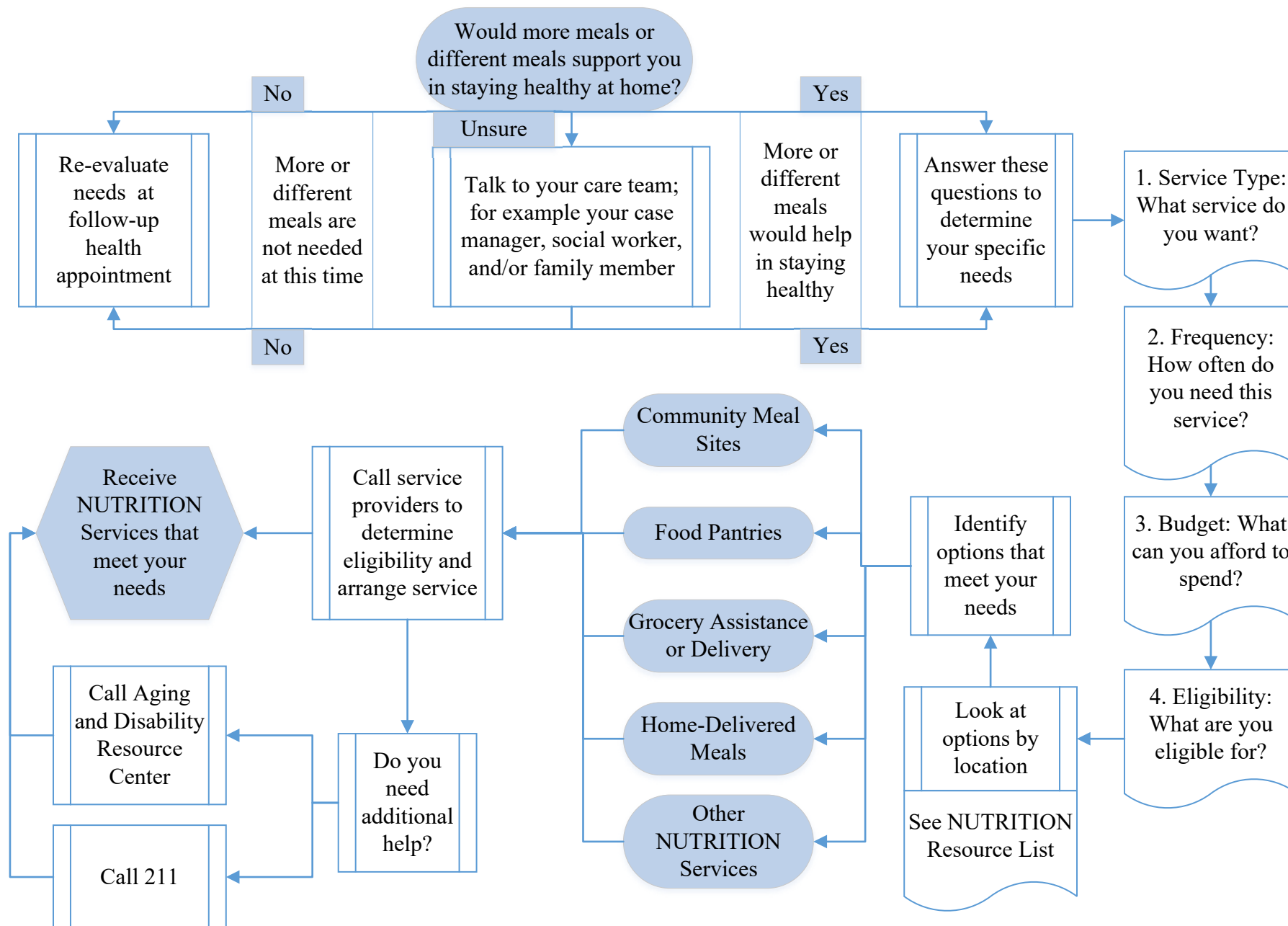


Decision Support – Answer these Questions to Determine the Service that is Right for You





Dane County Community-Based Care Transitions Coalition

Resource Guide for Nutrition

What does Nutrition mean? Good nutrition is the key to **good** mental and physical health. Eating a balanced diet is an important part of **good** health for everyone. The kind and amount of food you eat affects the way you feel and how your body works. Nutrients are ingredients in food that help you. There are many groups and agencies in Dane County that can help you with your food and nutrition needs.

You or your loved one may benefit from Nutrition Services if:

1. You are not feeling well and have not been able to eat meals or healthy snacks
2. You are no longer able to shop or get food from the grocery store
3. You can no longer make your own meals
4. You are feeling lonely and would enjoy eating meals with other people and friends

Helpful tips for Nutrition

- Remove food from your home that are not part of your nutrition plan (foods with high salt, sugar and fat).
- Eat more vegetables, fruits, whole grains, and dairy foods for the most amount of nutrients.
- Eat foods low in salt, preservatives and added sugars.
- Drink several glasses of water each day.

Types of Nutrition Services:

- **Home Delivered Meals (Meals on Wheels):** This program provides home-delivered meals. Meals-on-Wheels works in almost every community in America to address senior hunger and isolation. In addition to a meal, volunteers provide a friendly smile and a safety check.



Dane County Community-Based Care Transitions Coalition

Resource Guide for Nutrition

- **Home Delivered Meals (Other):** There are many companies that offer home meal delivery. Check online or call 2-1-1 for more information.
- **Congregate Meals/Community Dining Centers:** There are around 515 senior dining center locations in Wisconsin. People age 60 and older can enjoy a hot, nutritious meal in a friendly location.
- **Chefs for Seniors:** A meal service that provides fresh, nutritious meals cooked in your home by a professional chef.
- **Food Pantries / Food Banks:** A place where many types of food and food items that won't spoil are given free of charge to people in need.
- **Senior Farmers Market Nutrition Program:** Offers low-income, older people a way to purchase fresh, locally grown fruits, vegetables, and herbs from farmers.
- **Grocery Store Home Delivery:** Grocery stores will do the shopping for you and deliver to your home. Minimum purchase and delivery fees apply.
- **Restaurant Delivery Services:** Will pick up food from the restaurants and deliver to your home. Charges may apply.
- **Home Care Agencies:** Have employees that can be hired to come into your home and help with any area of food preparation. Charges will apply.

Funding for Nutrition Services:

- Many home delivered meals and congregate meals have funding assistance available for those who qualify. In many cases, participants age 60 and over are asked to donate what they can afford. Please contact individual agencies for details.



Dane County Community-Based Care Transitions Coalition
Resource Guide for Nutrition

Resources: Services listed may change. Please call the agency directly for the best information about their services.

Name /Category	Description of Services	Contact information
Aging and Disability Resource Center (ADRC)	The ADRC of Dane County provides information about resources and support on all aspects of life related to aging or living with a disability. They are a one-stop shop for older adults, people with disabilities and their families.	2865 N Sherman Ave, Madison, WI 53704 Phone: (608) 240-7400 Website: ADRC@countyofdane.com
Local Senior Center/Aging Coalition	Serving several geographic areas, these agencies provide the entry points through which older persons—and their families—access a wide array of programs and services. Staff will help you decide which service is best for you.	See the attached “Dane County Senior Focal Points and Senior Centers” sheet.
The Area Agency on Aging (AAA)	The Area Agency on Aging offers meals at several restaurants and senior centers for a small donation. They also offer home delivered meals for eligible seniors.	2865 N. Sherman Avenue, Northside Town Center, Madison WI, 53704 Phone: 608-261-9930 Email: aaa@countyofdane.com Website: https://aaa.dcdhs.com/nutrition.aspx
2-1-1 Wisconsin	2-1-1 is a simple, free, confidential referral and information resource that links people from all communities and ages to the services they need.	Phone: 211 or (877) 947-2211 24 hours a day, seven days a week Website: 211wisconsin.org



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Chefs for Seniors	Weekly or bi-weekly in-home meal preparation from a professional chef. Charges apply.	Address: Sun Prairie, WI Phone: (844) 237-2433 Website: https://chefsforseniors.com/
Where is Care (HealthConnect.link)	An online community of free and subsidized health and social services	Website: https://whereiscare.org/
Food Pantries / Food Bank	Offer free groceries to people who need it.	https://www.foodpantries.org/st/wisconsin https://www.secondharvestmadison.org/find-food
Meals on Wheels (MOW) Home Delivered Meals	MOW provides nutritious midday meals to residents delivered daily by volunteers. Dane County delivery locations: Madison, Middleton, Monona and Sun Prairie	602 N Segoe Road, Madison, WI 53705 Phone: (608) 276-7598 Email: MOW@hhvns.org Website: https://homehealthunited.org/community-health-services/meals-on-wheels/
Independent Living Home Delivered Meals (Evening)	Whether you want hot, healthy meals for a short or long-term time you can enjoy evening meals made fresh by chefs and delivered to your door daily from our Evening Meals on Wheels Program.	Address: 2970 Chapel Valley Rd #203, Madison, WI 53711 Phone: 608-204-0923 Email: meals@independentlivinginc.org Website: https://www.independentlivinginc.org/evening-meals-on-wheels.html



Dane County Community-Based Care Transitions Coalition
Resource Guide for Nutrition

My Meal My Way	My Meal My Way partners with community and senior centers and Festival Foods offering meals for a small donation. The program is sponsored by the Area Agency on Aging.	2865 N. Sherman Avenue, Northside Town Center, Madison WI, 53704 Phone: 608-261-9930 Email: aaa@countyofdane.com Website: https://aaa.dcdhs.com/nutrition.aspx
Restaurant Delivery Services	Many restaurants now offer the option to order your food and get it delivered to wherever you want. Agencies who partner with local restaurants and offer delivery include DoorDash, GrubHub, EatStreet, Eat24, and Uber Eats.	Look up the agency (GrubHub, Uber Eats) online to see what restaurants they partner with then order online or through their phone app.
Home Care - Meal Preparation / Shopping	Employees will come into your home and help with any area of meal preparation. Call the agency directly for costs.	Contact your local senior center, ADRC or the Aging Coalition for available services.
The Beacon	The Beacon distributes free boxed lunches and snacks for homeless men, women and children.	615 E. Washington Ave. Madison, WI 53703 Phone: 608-826-8040 Email: JMetzger@ccmadison.org Website: http://thebeaconhelps.org/
Community Action Coalition for South Central Wisconsin – Senior Boxes	Provides low-income seniors with a healthy variety of food items each month, reducing the amount of money they would need to spend on groceries. Age: =>60 y/o income restrictions: \$1307 for 1 person \$1,760 for 2 people	Serving Dane, Jefferson and Waukesha counties Phone: 608-246-4730 ext. 212 Email: dawnb@cacsw.org Website: http://www.cacsw.org/senior-boxes/

Poor nutrition is the biggest threat to an older person's independence... and sadly, is entirely avoidable.

For this and many other reasons, we are highlighting **two** major nutrition programs available for senior adults in Dane County. The meals provide 1/3 of the RDA (recommended daily allowance) and DRI (dietary reference intake) for senior adults. These meals provide protein, vegetable, fruit, bread, and milk, and follow the dietary guidelines for older Americans. The menus are approved by a Registered Dietetic Technician.

Eat in or Out!

Inside this brochure lists locations that senior adults age 60+ can visit to have a well balanced meal on a donation basis. The benefits of this program include:

- Hot, balanced & nutritious meal
- Wide variety of food items
- Supportive services
- Others to share the meal
- Activities before/after the meal
- Transportation round trip
- Increased flexibility/movement

Home-delivered meals are also available for eligible senior adults throughout Dane County on a donation basis. The meals are delivered by a volunteer who also provides a safety check on home-bound seniors.

Area Agency on Aging of Dane County
2865 N Sherman Ave
Madison, WI 53704



Area Agency on Aging of Dane County

Nutrition Program



Fellowship, Food  Fun

*An apple a day
isn't enough
nutrition to keep
a senior adult
healthy.*

2865 N Sherman Ave
Madison, WI 53704
Phone: (608) 261-9930
Fax: (608) 240-7402
TTY: Wisconsin Relay 7-1-1
Email: aaa@countyofdane.com
<https://aaa.dcdhs.com>

*Co-located in the Aging & Disability
Resource Center of Dane County*



Dated 1/5/18



Dane County Senior Dining Sites

LOCATION	PHONE	MEAL SERVED	MEAL TIME	MEAL DELIVERY
Beth Israel Center 1406 Mound St, Madison	442-4083	M Sept-May	Noon	N/A
Cambridge Community Center 200 Spring Street, Cambridge	838-7117	T & F	Noon	N/A
Colonial Club Sr Activity Ctr 301 Blankenheim Ln, Sun Prairie	837-4611	M – F	11:45 am	M – F
Cranberry Creek Café* 1501 Lake Point Dr, Madison	223-3100	F	8:30- 10:30 am	N/A
DeForest Area Senior Center 505 N Main St, DeForest	846-9469	M – F (except W)	11:30 am	M – F
DeForest Family Restaurant* 505 W North St, DeForest	846-9469	W	10 am- 1 pm	N/A
Festival Foods Grocery Store* 810 E Washington Ave, Madison	223-3100	R	11 am- 1:30 pm	N/A
Fink's Restaurant* 204 W Main St, Mt Horeb	437-6902	W	9 am- 1 pm	N/A
Fisher Taft Apartments 2025 Taft St, Madison	251-8405	M – F	11:30 am	See HHU
Fitchburg Senior Center 5510 E Lacy Rd, Fitchburg	270-4290	M – F	Noon	M – F
Goodman Community Center* 149 Waubesa St, Madison	241-1574	M – F	11:40 am	See HHU
Lussier Community/Education Ctr 55 S Gammon Rd, Madison	238-0196	F	Noon	See HHU
Madison Senior Center 330 W Mifflin St, Madison	266-6416	M – F	11:30 am	See HHU
Marshall Community Library 605 Waterloo Rd, Marshall	837-4611	T	11:30 am	M – F
McFarland Senior Outreach 5915 Milwaukee St, McFarland	838-7117	M, W & F	11:45 am	M – F
Meadowood Community Ctr 5726 Raymond Rd, Madison	238-0196	T, W & R	Noon	See HHU

LOCATION	PHONE	MEAL SERVED	MEAL TIME	MEAL DELIVERY
Meals on Wheels (Home Health United/HHU) 4801 Hayes Rd, Madison	276-7598	No Meal Site	Varies	Daily
Messiah Lutheran Church 5202 Cottage Grove Rd, Madison	223-3100	T	Noon	See HHU
Middleton Senior Center 7448 Hubbard Ave, Middleton	831-2373	M – F	11:30 am	M – F
Monona Meadows 250 Femrite Dr, Monona	223-3100	M & W	Noon	See HHU
Mount Horeb Senior Center 107 N Grove St, Mount Horeb	437-6902	M – F (except W)	11:15 am	M – F
Northwest Dane Senior Services 1837 Bourbon Rd, Cross Plains	798-6937	M – F	11:30 am	M – F
Oregon Area Senior Center 219 Park St, Oregon	835-5801	M – F (except R)	11:45 am	M – F
Romnes Apartments 540 W Olin Ave, Madison	251-8405	M – F	11:30 am	See HHU
Stoughton Area Senior Center 248 W Main St, Stoughton	873-8585	M – F	Noon	M – F
Sugar River Senior Center 21 S Vine St, Belleville	424-6007	M, W & F	Noon	M – F
Warner Park Community Rec Ctr 1625 Northport Dr, Madison	243-5252	M – F (except R)	11:30 am	See HHU
Waunakee Area Senior Center 333 S Madison St, Waunakee	849-8385	M – F	11:30 am	M – F
Ziggy's BBQ Smoke House* 135 S Main St, Oregon	835-5801	R	11:30 am -1 pm	N/A

With the exception of the six sites listed below, select a convenient site and call by noon one business day ahead to make a meal reservation.

*Cranberry Creek Café, DeForest Family Restaurant, Festival Foods Grocery Store, Fink's Restaurant, Goodman Community Center & Ziggy's BBQ Smoke House do not require a reservation.

For more information, contact Dane County Nutritionist Mary Browning
at (608) 261-5678 or browning.mary@countyofdane.com.

Free Meal Listing

Updated 8/30/2017 TEP Office MMSD

Meals By Day

Monday	Tuesday	Wednesday	Thursday
<p>Grace Episcopal Church 116 West Washington Ave 6 a.m. – 7 a.m. 608-255-5147</p>	<p>Grace Episcopal Church 116 West Washington Ave 6 a.m. – 7 a.m. 608-255-5147</p>	<p>Grace Episcopal Church 116 West Washington Ave 6 a.m. – 7 a.m. 608-255-5147</p>	<p>Grace Episcopal Church 116 West Washington Ave 6 a.m. – 7 a.m. 608-255-5147</p>
<p>Luke House 310 South Ingersoll Street 11:30 a.m. – 12:30 p.m. & 5:45 – 6:30 p.m. 608-256-6325</p>	<p>First United Methodist Church 203 Wisconsin Avenue To Go Meal 9 a.m. – 12p.m. (sandwich and available items) 608-233-1880</p>	<p>First United Methodist Church 203 Wisconsin Avenue Breakfast, 9 a.m. – 9:30 a.m. 608-233-1880</p>	<p>Luke House 310 South Ingersoll Street 11:30 a.m. – 12:30 p.m. & 5:45 – 6:30 p.m. 608-256-6325</p>
<p>Catholic Multicultural Center 1862 Beld Street (off Park St) 4 p.m. – 5 p.m. Carry out with your own containers 608-661-3512</p>	<p>Luke House 310 South Ingersoll Street 11:30 a.m. – 12:30 p.m. & 5:45 p.m. – 6:30 p.m. 608-256-6325</p>	<p>Luke House 310 South Ingersoll Street 11:30 a.m. – 12:30 p.m. & 5:45 p.m. – 6:30 p.m. 608-256-6325</p>	<p>First United Methodist Church 203 Wisconsin Avenue To Go Meal 9 a.m. – 12p.m. (sandwich & available items) 608-233-1880</p>
<p>First Baptist Church 518 North Franklin Avenue 6 p.m. – 7 p.m. 1st Monday of the month 2nd Monday in September due to Labor Day Public Spaghetti dinner 608-233-1880</p>	<p>Catholic Multicultural Center 1862 Beld Street (off Park St) 4 p.m. – 5 p.m. Carry out with your own containers 608-661-3512</p>	<p>Catholic Multicultural Center 1862 Beld Street (off Park St) 4 p.m. – 5 p.m. Carry out with your own containers 608-661-3512</p>	<p>WI Rescue Mission 2540 E. Mifflin Street 9:30 a.m. – 11:25 a.m. 608-241-1522</p>
<p>Sunshine Place 1632 W. Main Street Sun Prairie Behind Food Pantry Bldg 5:30 p.m. – 6:30 p.m. 608-825-3875</p>	<p>Goodman Community Center 149 Waubesa Street 9:30 a.m. – 12 p.m. 608-241-1574</p>	<p>Goodman Community Center 149 Waubesa Street 6:30 p.m. – 7:30 p.m. 608-241-1574</p>	<p>Goodman Community Center 149 Waubesa Street 12:30 a.m. – 3 p.m. 608-241-1574</p>
	<p>The River 2201 Darwin Road Madison 1 block off Packers Ave, behind the car rental 11am – 1pm 5pm-6:30pm 608-442-8815</p>		<p>Catholic Multicultural Center 1862 Beld Street (off Park St) 4 p.m. – 5 p.m. Carry out with your own containers 608-661-3512</p>
			<p>The River 2201 Darwin Road Madison 1 block off Packers Ave, behind the car rental 11am – 1pm 5pm-6:30pm 608-442-8815</p>

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	
<p>Grace Episcopal Church 116 West Washington Ave 6 a.m. – 7 a.m. 608-255-5147</p>	<p>WI Rescue Mission 2540 E. Mifflin Street 9:30 a.m. – 11:25 a.m. 608-241-1522</p>	<p>Luke House 310 South Ingersoll Street 5:45 – 6:30 p.m. 608-256-6325</p>	<p>Information in this listing is current as of 8/30/2017</p>
<p>WI Rescue Mission 2540 E. Mifflin Street 9:30 a.m. – 11:25 a.m. 608-241-1522</p>	<p>Catholic Multicultural Center 1862 Beld Street (off Park St) 11 a.m. – 12 p.m. Carry out with your own containers 608-661-3512</p>	<p>Catholic Multicultural Center 1862 Beld Street (off Park St) 11 a.m. – 12 p.m. Carry out with your own containers 608-661-3512</p>	<p>Please contact organizations for the most up-to-date information regarding days and time for meals, or contact:</p>
<p>St. Mark's Lutheran Church 605 Spruce Street 12 p.m. – 1 p.m. 608-256-8643</p>	<p>Wil-Mar Neighborhood Center 953 Jennifer Street 11:30 a.m. – 12:00 p.m. 608-257-4576</p>	<p>Savory Sunday *At James Madison Park, Memorial Day until Labor Day *In Capitol basement, Labor Day until Memorial Day 2:00 p.m. – 2:30 p.m.</p>	<p>DANE COUNTY UNITED WAY Call 2-1-1 or 608-246-4357 (HELP) 24 hours / 7 days a week</p>
<p>Catholic Multicultural Center 1862 Beld Street (off Park St) 4 p.m. – 5 p.m. Carry out with your own containers 608-661-3512</p>	<p>Friends of the State St. Family Food Run Top of State Street near the Capitol (outside) 3:00 p.m. – 3:30 p.m.</p>		
<p>The River 2201 Darwin Road Madison 1 block off Packers Ave, behind the car rental 6pm -7pm 608-442-8815</p>			

Home Delivered Groceries



Woodman's Food Market: Shop Woodman's 608-260-7259

Website: <https://shopwoodmans.com/>

Service Area: Madison & Sun Prairie (call to see if they will deliver to other parts of Dane County)

Cost: Delivery fee is \$9.95. Order online and pick up – less than \$100, fee is \$4.95. Order online and pick up – \$100 or more, is free. \$10 off first order for delivery or pick up.

General Info: Groceries come from the West Side Woodman's, if ordering for pick-up will need to go to Woodman's Madison West located at 725 S. Gammon Rd.

Hy-Vee: East - 608.244.4696, West - 608.277.6735, Fitchburg – 608.273.5120

Website: <https://www.hy-vee.com/grocery/login/>

Service Area: Madison, Fitchburg & Sun Prairie

Cost: If order ONLINE and if the order is over \$100 can receive FREE delivery. If ONLINE order is less than \$100, the delivery fee is \$4.95.

PHONE orders: East store – call on Monday between 12:00 pm – 9:00 pm. Fee is \$10.

West store – call on Wednesdays or Thursdays in the afternoon. Fee is \$10.

Fitchburg store – call on Wednesdays or Thursdays in the morning. Fee is \$10.

Payment for orders is via credit or debit card only.

General Info: Hy-Vee prefers people to use their online website, in order for the customer to select specific items.

Knoche Food Center: 608 233.1410 - 5372 Old Middleton Rd, Madison, WI 53705

Website: www.knochesbutchershop.com

Cost: \$9.00 per delivery

General Info: Knoche Food Center delivers groceries to individuals living on the west side of Madison and in Middleton. Shopping is done by the store, and deliveries are made on Wednesday from 9:00am-12:00pm.

Metcalfe's Market: Hilldale – 608-238.7612, West – 608.829.3500

Website: <http://www.shopmetcalfes.com/> click on the tab that says Shop Online. You can place grocery orders over the phone by calling Oasis/Metcalfe's Online, speak with Sheri, phone number is 608-221-3272.

Service Area: Madison & Sun Prairie (call to see if they will deliver to other parts of Dane County)

Cost: Online orders: If Metcalfe's shops and delivers the cost is \$5.95. If you order online, they shop and you pick up it is \$4.95. If you shop in the store and they deliver to your home, the cost is \$4.95. Payment via credit or debit card. Also accepts Food Share (Quest Card) for payment. Select Cash Payment at checkout and driver will be able to process when they deliver.

Telephone orders – Orders must be placed with credit card; however, deliveries are billed monthly and can be paid by cash, check or money order. Orders under \$150 phone in fee is \$5.00, every additional \$100 is additional \$5.00 phone in fee. Additional fee to use credit card for delivery payments. Sheri is quite accommodating with regard to items ordered. Call to ask.

Capitol Centre Foods: 608-255-2616 - 111 N. Broom Street, Madison

Website: www.capcentremarket.com

Service Area: Delivers to the following zip codes - 53703, 53705, 53706, 53715, 53726. Partial coverage – 53704, 53714, 53716. Capitol Centre Foods will NOT deliver to 53713 zip code. Contact Capitol Centre to confirm delivery availability.

Cost: Shop in store, free downtown grocery delivery services with a minimum purchase of \$40.00. Online - There is a \$4.95 shopping fee for online orders, delivery is free.

General Info: The store is open 24 hours Mondays-Fridays and from 7 am-midnight on weekends. Same day delivery is available.

Fresh Madison Market: 608-287-0000 - 703 University Ave, Madison

Website: freshmadisonmarket.com

Service Area: Anywhere in Dane County

Cost: Shopping fee - \$5.95, Delivery is free. They may accept Foodshare (Quest card) as payment.

Go For Folks, LLC: 608.217.2199

Website: www.goforfolks.com

Dan.Biddick@goforfolks.com

Cost: \$26.00 delivery. (\$13 per stop; grocery store to persons home would be 2 stops)

General Info: Go For Folks is able to complete a variety of errands (ie grocery shopping, pharmacy, post office, dry cleaning, retail shopping, etc). 24 hour 7 day a week services available. They serve all of Dane County.

Miller and Sons Supermarket: 608.845.6478 – Grocery Delivery Manager

Cost: Free delivery for elderly residents in Belleville and Verona. Shopping is done by the store.

General Info: Verona delivery – Thursday 1:00 – 2:00 pm, Belleville delivery – Tuesday 9:00 – 10:00 am.

Pick N Save:

Website: <https://www.instacart.com/pick-n-save>

Cost: \$7.99 for 1-hour delivery or \$5.99 for 2-hour or more delivery. Price may increase during peak hours.

General Info: Pick N Save has partnered with instacart to offer grocery delivery in Madison and some surrounding communities. Shopping is done by instacart employees. Check out the instacart website for delivery locations. Delivery hours vary based on local store hours.