

## SOMETHING TO CHEW ON ...



### AGING & NUTRITION

Good nutrition across the lifespan helps prevent chronic disease — and we know that it's never too late to make improvements to support healthy aging. Older adults are at greater risk of chronic diseases, such as heart disease and cancer — as well as health conditions related to changes in muscle and bone mass, such as osteoporosis. The good news is that this population can mitigate some of these risks by eating nutrient-dense foods and maintaining an active lifestyle.

### BENEFITS OF EATING TOGETHER

*Your community meal program is waiting to serve you!*

-  **Save time and money**
-  **Get healthy food without the effort**
-  **Learn about good nutrition**
-  **Do less shopping and cooking**
-  **Avoid missed meals**
-  **Support your independence**
-  **Socialize and have FUN!**



## HOME DELIVERED MEALS

### Meals on Wheels

Well-balanced, nutritious meals are delivered to **home-bound individuals 60 +** allowing them to stay in the familiar & comfortable surroundings of their own home.

A variety of therapeutic meals including renal, chopped and pureed choices are available to satisfy special dietary requirements as prescribed by the participant's physician.

Meals are delivered Monday through Friday.

Call **LIFEBRIDGE** at **203-752-9919** or email [seniorfoodservices@lifebridgect.org](mailto:seniorfoodservices@lifebridgect.org) for more information on how to get you or a loved one started on Meals on Wheels.

*This program is funded in part by the Area Agency on Aging of South Central CT in partnership with Life Bridge.*

### The Community Dining Room

CDRs Home Delivery & Visitation Program provides home delivered meals to individuals who are unable to access the CDR due to physical or health reasons or are recuperating from an illness or surgery. Through referrals and intake assessments, individuals may be eligible for this program which serves the Branford & North Branford area.

Branford delivers one hot meal and one frozen meal, 3 days a week. (Mon-Wed-Fri)

**Contact CDR 203-488-9750** for more info on how to get you or your loved one started on Home Delivery



**NUTRITION**  
**CANOE BROOK CENTER**  
Town of Branford  
46 Church Street—Upper Level  
**Town of Branford**

## NUTRITION RESOURCES



Marlowe Ioime, Assistant Director  
**CANOE BROOK CENTER**  
203 - 315 - 0682  
[mioime@branford-ct.gov](mailto:mioime@branford-ct.gov)

# NUTRITION RESOURCES

## CONGREGATE MEALS CANOE BROOK CAFE

Older adults can receive nourishing, nutritionally-balanced meals through the Elderly Nutrition Program. Eligible participants and their spouses can enjoy meals at congregate meal sites, also known as Senior Community Cafes.

**A nutritious, delicious, hot meal is served Monday through Friday 11:30am to 12:30pm**

*Reservations must be made no later than the day before by 12:30 pm*

### Eligibility Criteria

- ☐ Must be 60 years of age or older, or a spouse of an eligible participant.
- ☐ Be a person with a disability under 60 years of age living with and accompanying an eligible older adult.
- ☐ Be a person with a disability under 60 years of age living in an elderly housing facility which has a congregate meal site.
- ☐ All participants must fill out a Form 5
- ☐ **Suggested Donation: \$ 3.00**

**Reservations are needed at least one day in advance (before 1pm)**

**CALL CANOE BROOK CAFÉ:  
2 0 3 - 3 1 5 - 0 6 8 5**

## BRANFORD FOOD PANTRY

**PHONE: 203 - 481 - 3663**  
**EMAIL: [office@branfordfoodpantry.org](mailto:office@branfordfoodpantry.org)**  
**[www.branfordfoodpantry.org/getassistance/](http://www.branfordfoodpantry.org/getassistance/)**

(Registration Required)

30 HARRISON AVE.  
PO BOX 1068  
BRANFORD, CT 06405

### HOURS

TUESDAY 8:30 - 11 AM  
TUESDAY 4:00 - 6:00 PM  
FRIDAY 9 - 11:30 AM

## SNAP

The Supplemental Nutrition Assistance Program (SNAP), formerly Food Stamps, helps eligible individuals & families afford the cost of food at supermarkets, grocery stores & farmers' markets.

HOUSE-HOLD SIZE	GROSS INCOME MAX	NET INCOME MAX
1	\$1,986	\$1,074
2	\$2,686	\$1,452
3	\$3,386	\$1,830
4	\$4,085	\$2,209
5	\$4,785	\$2,587

To apply online, please visit [www.connect.ct.gov](http://www.connect.ct.gov) under 'Apply for Benefits.' You may also use the DSS ConneCT pre-screening tool at [www.ct.gov/dss](http://www.ct.gov/dss) OR at [www.connect.ct.gov](http://www.connect.ct.gov) under "Am I eligible" which also pre-screens for cash and medical benefits. Or contact Marlowe Ioime 203-315-0682 [mioime@branford-ct.gov](mailto:mioime@branford-ct.gov)

## COMMUNITY DINING ROOM

**PHONE: 203 - 488 - 9750**

The CDR serves a hot, nutritious lunch in our dining room. This well-balanced meal begins with soup followed by a main course including protein, carbohydrate and vegetable; finishing always with dessert. Those who attend this community lunch help themselves to a cold beverage or coffee and find a seat with friends or welcoming others.

## CDR WEEKLY MEAL SCHEDULE

SATURDAY—SUNDAY 12:00 PM – 1:00 PM  
TUES. KID'S NIGHT MEAL: 5:30 PM – 6:30 PM  
WED. & FRI. TAKE-OUT: PICK-UP 1PM – 3PM

**CDR HOME DELIVERY SCHEDULE**  
MONDAY/WEDNESDAY/FRIDAY

**CALL FOR DETAILS: (203) 488-9750 X 2**

