

news release

Area 9 In-Home & Community Services
Agency
520 South 9th Street
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FOR IMMEDIATE RELEASE

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765-966-1795 or 1-800-458-9345

AREA 9 AGENCY PROVIDES MEALS IN FIVE COUNTIES

Area 9 In-Home and Community Services Agency, a service of Indiana University East, provides nutritious meals to homebound clients and Neighborhood Meal Sites in Fayette, Franklin, Rush, Union and Wayne Counties through the Area 9 Meals Program. Approximately 800 meals are served daily and participants receive daily contact and socialization with others.

Each meal meets 1/3 of the required Dietary Reference Intake (DRI). Indiana Division of Aging has set its nutrition guidelines to assure that the following DRI measures are used for the Indiana senior meal programs. Weekly averages per meal are:

- Calories 533-733 Kcals
- Total Fat 20%<35% of total calories
- Fiber 7-10 g
- Calcium 400<833 mg
- Sodium <1000 mg.

Area 9 Meals Program does offer an **alternate dessert** option to the standard dessert listed on the menu. Typically, the alternate dessert is lower in calories, fat and simple carbohydrates.

Several meal options are available that meet the nutritional needs with a variety of choices for participants. These include breakfast, cold box meal, fresh MCL salad, frozen meal and restaurant voucher for a meal at participating restaurants.

Area 9 Meals Program is supported by suggested donations of \$2.00 per meal. Contributions enable the Meals Program to assist others in need of valuable nutrition.

For more information regarding home delivered meals, additional meals for weekends or evenings, or to locate the Neighborhood Meal Site nearest you, call Area 9 Agency at 765-966-1795 or 1-800-458-9345.

