

news release

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Area 9 In-Home & Community Services
Agency
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FOR IMMEDIATE RELEASE

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AREA 9 MEALS PROGRAM MEETS NUTRITION NEEDS WITH MEAL WITH OPTIONS

Area 9 In-Home and Community Services Agency provides good nutrition to Meals on Wheels participants and to the Neighborhood Meal Sites in Fayette, Franklin, Rush, Union and Wayne Counties through the Area 9 Meals Program.

Each meal is planned to meet 1/3 of the required Dietary Reference Intakes (DRI). Indiana Division of Aging has set the nutrition guidelines to assure that the following DRI measures are used for Indiana area meal programs:

- ü Calories (a weekly average of meals that meets the scale range of 533-733 Kcals/meal)
- ü Fat (a weekly average of meals that limits total fat to no less than 20% and no more than 35% of total calories/meal)
- ü Fiber (must meet a weekly average of 7-10 g/meal)
- ü Calcium (a weekly average that meets a minimum of 400 mg/meal and does not exceed 833 mg/meal)
- ü Sodium (weekly average must not exceed 1,000 mg/meal)

Several meal options are available that meet nutritional needs with a variety of choices for participants to choose from. These include breakfast, cold box meals, fresh salads, frozen meals and restaurant vouchers for meals available at participating restaurants.

The Area 9 Meals Program is supported by suggested donation of \$1.80/\$3.00 per meal. Contributions enable the Meals Program to assist other in need of valuable nutrition.

For more information regarding Meals on Wheels, additional meals for evenings and/or weekends, to locate the Neighborhood Meal Site nearest you, to inquire about volunteering or

to contribute for someone in need, call Area 9 Agency at 765-966-1795 or 1-800-458-9345 or visit our web site at www.area9agency.org.