

SENIOR NUTRITION MONTH

Addressing food insecurity by serving healthy meals to local residents with volunteers, staff, and elected officials

Throughout the month of March, Minuteman Senior Services celebrated National Senior Nutrition Month, raising public awareness about food insecurity among older adults and the role that Senior Nutrition Programs play in reducing hunger and social isolation.

According to Feeding America, 1 in 14 Massachusetts residents do not have adequate access to food due to lack of availability or prohibitive costs. Minuteman Senior Services is addressing this by providing options to access nutritious meals, both for individuals at home or through regular opportunities to gather and socialize while dining. Our Senior Nutrition Program includes Meals on Wheels, which delivers lunch five days a week along with a friendly visit and safety check, and a congregate lunch program offered at community-based locations.

Throughout the year, Minuteman serves 210,000 meals to 2,300+ older adults. Of those receiving Minuteman's Meals on Wheels deliveries, 72% report that their delivered food is their main meal of the day.

Minuteman appreciates all the elected officials and community leaders who joined our volunteers in delivering or serving a healthy meal to local residents. Thank you to Senator Jamie Eldridge, State Representatives James Arciero, Simon Cataldo, Michelle Ciccolo, Sean Garballey, Carmine Gentile, and Ken Gordon, Winchester Fire Chief Steven Osborne, and Winchester Town Manager Beth Osborne.



Lexington- Jennifer Stiff, Michelle Kelleher, Representative Michelle Ciccolo, Kelly Magee Wright, Tom Flannery and Sudhir Jain



Acton- State Representative Simon Cataldo, Senator Jamie Eldridge, Tom Flannery, Kelly Magee Wright, and Jennifer Stiff



Arlington- Marlina Totino, Joe DeFelice, Jennifer Stiff, Kristine Shah, Representative Sean Garballey and Yuen Li

Minuteman Senior Services enhances the health, well-being, and independence of people with diverse backgrounds as they navigate aging and disability, providing supports that empower them to live with meaning, choice, and dignity.