



Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Since 1972, the national Senior Nutrition Program has supported older adults by providing nutrition services across the country. Funded by the Older Americans Act, the Administration for Community Living (ACL)<sup>1</sup> provides grants to states to support a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, decrease social isolation, and support better health. They also provide a gateway for older adults to access other home and community-based services such as falls prevention programs, chronic disease management services, and more.

This March, Area Agency on Aging and our Senior Center Partners are proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country. Throughout March, Area Agency on Aging and the Idaho Commission on Aging will highlight resources on Senior Nutrition programs we provide via Congregate Meals and Home Delivered Meals with our area Senior Centers.

Learn more about our program and services by contacting Area Agency on Aging of North Idaho at 208-667-3179 or email [infoassist@nic.edu](mailto:infoassist@nic.edu)

Visit ACL's [celebration webpage](#) to learn more and join the conversation on social media using #SeniorNutritionProgram.

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<sup>1</sup> ACL is an operating division of the U.S. Department of Health and Human Services.