

A Guide to Nutrition Supports



*...offering several programs
to help keep older adults
active and healthy*



Tri-County Office on Aging's (TCOA) Nutrition Program, commonly referred to as Meals on Wheels, offers home-delivered meals, Senior Dining Sites, carry-out meals, and volunteer opportunities. TCOA's mission is to promote and preserve the independence and dignity of the aging population. Our nutrition services provide essential well-balanced meals, social engagement, and volunteer opportunities. These services are possible because of grants, donations, and fundraising to fight hunger among older adults.

Home-Delivered Meals

Meals on Wheels offers several healthy, flavorful, well-balanced meal options. Each of these options meet 1/3 of the daily recommended nutritional needs of older adults. An assessment will be performed to determine eligibility.

To qualify for home delivery a person must be:

- At least 60 years old
- Unable to prepare nutritious meals

Other household members may qualify if they are:

- The spouse or partner of the eligible individual
- A person with a disability

To sign up, call **1-888-224-3030** and select the option based on where you live:

- 1- Greater Lansing Area
- 2- Clinton County
- 3- Eaton County
- 4- Rural Ingham County

Carry-Out Meals

These meals are designed to offer participant choice through person-centered planning. They are available to serve those who may not qualify for traditional Home-Delivered Meals and may be unable to or chooses not participate in traditional Senior Dining Sites.

To qualify for Carry-Out Meals a person must be:

- At least 60 years old
- The spouse or partner of an eligible individual
- Unable or choose not to attend a Senior Dining Site
- Willing to complete the registration form



Senior Congregate Dining Sites

Social interaction and activity play a vital role in healthy aging. Adults who are at least 60 years old, and their spouse or partner, are invited to attend one of many Senior Dining Site locations throughout Clinton, Eaton and Ingham Counties. Participants enjoy good company and wholesome food, as well as educational and entertaining activities.

Individuals with disabilities who are not at least 60 years old may participate in the meal if they live in housing facilities at which Senior Dining Site services are provided.

Call a day ahead to make a reservation.

For more information refer to the numbers listed or call **1-888-224-3030:**

Choose Option 5- Congregate Dining Site

Clinton County

St. Johns Senior Center

201 E Walker Rd
St Johns, MI 48879
989-224-4257
T & F 12:00 pm

United Church of Ovid

131 W Front St
Ovid, MI 48866
T & Th 12:00 pm

Eaton County

Delta 39ers

Delta Parks and Rec, 4538 Elizabeth St. Lansing, MI
517-484-5600
M, W, & F 12:00 pm

Ingham County

Alfreda Schmidt Community Center

5825 Wise Rd
Lansing, MI 48911
517-483-6688
M-F 12:00 pm

Colonial Woods

Senior Apartments
2001 W Mt Hope
Lansing, MI 48910
M-F 12:00 pm

East Glen

Senior Apartments
1801 N Hagadorn Rd
East Lansing, MI 48823
M-F 12:30 pm

Friendship Manor

Senior Apartments
200 Friendship Circle
Lansing, MI 48912
M-F 4:30 pm

Grange Acres

6101 Marsh Rd
Haslett, MI 48840
M-F 12:00 pm

Jefferson Square

Senior Apartments
500 S Jefferson St
Mason, MI 48854
M-F 12:00 pm

Letts Community Center

1220 W Kalamazoo St
Lansing, MI 48915
M-F 12:00 pm

Sam Corey Senior Center

2108 Cedar St
Holt, MI 48842
W 12:00 pm

South Brook Villa

Senior Apartment Building
457 E Edgewood Blvd
Lansing, MI 48911
517-882-1210
M-F 12:00 pm

Stockbridge Area Senior Center

219 W Elm St
Stockbridge, MI 49285
517-480-0353
T, W, & Th 12:00 pm

Williamston Area Senior Center

500 Williamston Center Rd
Williamston, MI 48895
517-655-5173
T, W, & Th 12:00 pm



Farmers Market Coupons

Senior Project Fresh provides qualified individuals with coupons to purchase fresh fruits and vegetables at participating Michigan farmers markets June through October. Eligibility:

- At least 60 years old, or age 55 or older and belong to a Michigan federally recognized tribe or urban tribal group
- Household income is 185% or less of the Federal Poverty Guidelines

TCOA is the lead agency for Ingham County and distributes to residents of Ingham County only.

Ingham County

TCOA

517-887-1393

If you live in Clinton or Eaton County, you may reach out to:

Clinton County

MSU Extension

989-224-5240

Eaton County

Capital Area Community Services

517-543-5465



How Are Meals Funded?

Federal and state funds are provided through the Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports (ACLS Bureau), Clinton, Eaton and Ingham Counties and the Cities of East Lansing and Lansing and the Ingham County Elder Services Millage. Many local townships, villages, small cities, community fundraising efforts, and participant donations contribute to the financial needs of this vital service. Private donations also allow Tri-County Office on Aging (TCOA) to meet the needs of the community.

Payment is not required and no eligible person is ever denied a meal if they do not have the resources to contribute.

Volunteer Opportunities

The Nutrition Program offers a variety of volunteer opportunities that enable community members to support older adults in their area, find new interests and skills, and connect with like-minded individuals. Engagement of volunteers is vital for the operation of the Nutrition Program and the promotion of health in our community.

Anyone interested in volunteering is welcome to contact TCOA at volunteer@tcoa.org or 517-887-1487 with any questions. To fill out a volunteer application please visit tcoa.org/volunteer.



Contact Information

Nutrition Program 1-888-224-3030



Tri-County Office on Aging

5303 S. Cedar St., Bldg. 1
Lansing, MI 48911

Phone: 517-887-1440

Toll-Free: 800-405-9141

Fax: 517-887-8071

Website: tcoa.org

Hours: 8:00 a.m. to 5:00 p.m.

Tri-County Office on Aging does not discriminate on the basis of race, color, religion, sex, national origin, ancestry, sexual orientation, age, disability, disabled or Vietnam era veteran status, marital status, and their protected characteristics in any of its programs or policies. Tri-County Office on Aging complies with all applicable laws and regulations. For detailed information on Section 1557 of the Affordable Care Act, please visit our website at tcoa.org.

TCOA is devoted to attracting and retaining a diverse staff that is representative of our community and the clients we serve.

TCOA is dedicated to creating and maintaining a work environment that is inclusive, equitable and welcoming to all.



Tri-County Office on Aging is an Equal Opportunity Employer.