

Nutrition Program Available for Residents Ages 60+

Guttenberg's Meals on Wheels program delivers healthy meals once a day, Monday through Friday, to Guttenberg residents aged 60 and older.

Nutritionist and Site Manager **Daija Arias** runs the program for the town and ensures that meals are sanitary, healthy, and the correct temperature.

Guttenberg's Meals on Wheels is one of 5,000 community-based senior nutrition programs across the country dedicated to addressing senior hunger and isolation. Established in 1954, the national Meals on Wheels network delivers nutritious meals, friendly visits, and safety checks, enabling seniors to live nourished lives with independence and dignity.

Delivered at lunchtime, meals are low cholesterol and healthy, and special dietary requirements are accommodated. Residents of the senior building can opt to eat communally in the common area or bring their meals back to their rooms. Those living elsewhere in town can get food delivered directly to their apartment or house.

Any Guttenberg residents aged 60 or over who are interested in participating can visit Ms. Arias from 9 a.m. to 3 p.m. Monday to Friday in the senior building at 7005 Boulevard East to sign up.

Any questions call Ms. Arias 201-868-2315 ext.137