

LIVINGSTON COUNTY OFFICE FOR THE AGING
All About the Senior Nutrition Program

APR 2022 NEWSLETTER BY LUCILLE TANG, RDN

For April's Newsletter, we will provide an overview of the Senior Nutrition Program and answer some Frequently Asked Questions (FAQs) from clients!
Have more questions? Call OFA at 243-7520!

Services



Congregate & Home Delivered Meals

Nutrition Education

Group Sessions at Congregate Sites or Community Groups (i.e. Churches)



Nutrition Counseling

One-on-one sessions with the OFA Registered Dietitian Nutritionist

Senior Farmers Market Nutrition Program (SFMNP)

Seasonal distribution of five \$4 Vouchers for
Low-income Seniors to purchase produce at Farmers Markets

Frequently Asked Questions

Q: I'd like to sign up for a service - What do I do?

A: Call 243-7520 or NY Connects. Express your interest for any of the services above!

*Q: I've been filling out so many "Feedback Forms."
Do you even use them?*

A: Yes!! Please be assured, each feedback form is reviewed by at least three Livingston County OFA staff. Your feedback informs menu development and future additions to programming.

Our team tries our best to accommodate your requests. For example...

Client Request

- Add info on Potassium & Phosphorus to help manage Chronic Kidney Disease
- Surveys show clients LOVE Pot Roast & Meatloaf
- Surveys show clients dislike Lasagna

Changes to Program

- Since Mar 1st, all Home Delivered Meals' labels include that info
- Ensure the monthly menu always includes Pot Roast & Meat Loaf
- Removed Lasagna from April Menu

Frequently Asked Questions Continued

Q: Who cooks and serves the meals?

A: Livingston County's Office for the Aging (OFA) subcontracts with Morrison, a food service company, for the meal service.

Step by Step

1. OFA & Morrison staff collaborate to develop the monthly menu.
2. Morrison staff prepare and pack the foods.
3. OFA staff deliver the home-delivered meals and serve the meals at the Congregate Sites.
4. OFA staff collect feedback on the meals, sharing that with the Morrison team.

Q: Who pays for the meals?

A: The meals are funded through four sources:

1. Federal Law - Older Americans Act (OAA) Title III Funding
2. State Funding through New York State OFA
3. County Funding approved by Livingston County Board of Supervisors
4. Community Donations; and
5. Participant Contributions

Q: What's the menu development process?

A: Two main factors affect the menu - Your Feedback and the OAA Meal Requirements, which are based on the 2020-2025 Dietary Guidelines for Americans (DGAs).

<u>Food Group</u>	<u>DGA's Daily Recommendations for Older Adults</u>	<u>OAA's Requirements for Each Meal</u>	<u>Meaning, for every meal, the Livingston County OFA provides...</u>
Vegetables	2 & 1/2 Cups	1 Cup	Two 1/2 Cup Portions
Fruit	2 Cups	1 Cup	Two 1/2 Cup Portions
Grains	6 ounces	2 ounces	Bread and/or Starchy Veg
Dairy	3 Cups	1 Cup	1 Cup Carton of Milk
Protein	5 & 1/2 ounces	2 ounces	Entrée packed with protein

For Fruits & Vegetables, the OAA requires a bit more than one-third of the DGA recommendations, because many seniors rely on these meals and need that extra nutrition!

The OAA also includes requirements on calorie and sodium. Each meal must include at least 650 calories and no more than 800mg of Sodium. These values are averaged throughout the week - meaning some days are higher or lower but on average, meals will include 650 calories and less than 800mg of Sodium.

Q: I've requested <food item>. Why isn't it on the menu?

A: Depends on the item. We try to accommodate your requests, but some are challenging for operations or to meet nutrient requirements.

<u>Food Items</u>	<u>Rationale (and current limitations)</u>
Soup	<ul style="list-style-type: none">• Challenging to package and deliver high volumes of liquid.
Salad	<ul style="list-style-type: none">• Limited space in the "Cold Pack" (where you find your milk and bread). Can't be microwaved so if served, the whole black tray would need to be only salads.
Roast Beef	<ul style="list-style-type: none">• Will not last through the Heating & Chilling process, resulting in extremely tough end product.
Ham	<ul style="list-style-type: none">• High in Sodium so reserved for special occasions

Again, we encourage you to keep making suggestions! Your feedback challenges us to put on our thinking caps and problem-solve to bring you the best meals.

Q: How long should I microwave my meal? The time on the package is never "just right" for me.

A: The time on the label is intended to be general guidance on reheating the meal. Everyone has a different microwave and different microwaves heat differently! For weaker, older, or less wattage microwaves, you may need more time. For stronger, newer, or higher wattage microwaves, you may need less time.

As an experiment, try 1-2 mins then mix and check if cooked through. If not, keep adding 1 min and repeating until heated through. Then record your results, on your menu or in a notebook. And ask yourself, "Do I have a 'strong' or 'weak' microwave?"

Q: I need to cancel my meal. What should I do?

A: All meals are ordered 2 days in advance, so we need you to tell us at least 2 days in advance. Call OFA (243-7520) and ask for the Senior Nutrition Program.

Q: I left out my cooler but my meal wasn't delivered. What happened?

A: If you want your meals to be left in the cooler, you must know your ABCs!
A frozen ice pack or just ice left inside - Food safety first! This keeps your meal chilled.
Be in good working condition - Meaning no cracks or leaks in your cooler
Clean!
Driver must see you at least 2 times per week - This can be a simple wave hello!