



News from Livingston County, NY

FOR IMMEDIATE RELEASE

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MEMBERS OF LIVINGSTON COUNTY BOARD OF SUPERVISORS AND COUNTY ADMINISTRATION PARTICIPATE IN 'MARCH FOR MEALS' EVENTS

Mt. Morris, NY- Every March, Meals on Wheels programs across the country raise awareness in their communities about the critical nutritional needs of older adults and the importance of healthy meals, and nutrition counseling and education. During National Nutrition Month, programs highlight the importance of improving health, the critical role volunteers play in preparing and delivering meals, and state agencies and community organizations partnering to deliver meals - all of which are key components of the Governor's efforts to make New York the healthiest state in the nation.

This year programs across New York State will be holding events on the same day, Friday March 22nd. The purpose is to highlight that the Nutrition Program was added to the Older Americans Act on March 22, 1974 and the incredible impact it has had and what it does.

Livingston County Board of Supervisors Chairman and Avon Town Supervisor David L. LeFeber, and New York State Assemblywoman Marjorie Byrnes, will be serving meals at the Avon Congregate Meal Site, 74 Genesee Street, Avon, NY, 14414, at 12 noon on March 22nd. County Administrator Ian M. Coyle will be assisting with a home delivered meal route.

NYS has the largest nutrition program in the country, supported at the federal and state level but more so at the local level. In addition to meals it provides nutrition counseling and education, it is critical to helping people maintain their autonomy, it is a health and safety program that serves as the eyes and ears and safety check for many older adults that are alone and are at risk, and it is often a gateway to other critical services.

New York State: • Provides at least \$53 million more for home delivered and community meals than any other state. • Ranks first in the nation for the number of people receiving nutrition services and supports. • Serves 23 million meals annually to 244,000 older adults. • Provides nutrition counseling, education, and health promotion services for more than 300,000 older adults every year.

Livingston County's Senior Nutrition Program: *Delivers over 47,000 home delivered meals annually. * Serves over 24,000 congregate meals annually. *Serves over 625 individuals annually. *Partners with Cornell Cooperative Extension to provide nutrition education and counseling. *Delivers shelf stable food and emergency meals to home delivered meal participants as well as information about fall prevention, emergency preparedness and more.

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