



Chef designed, nutritionist approved, locally made meals delivered daily to your loved one! Meals are also served at area senior centers for those who want a congregate dining experience.



Serving meals. Supporting lives.

Our nutrition programs coordinate with TVCCA's other services, including energy assistance, housing issues, rental assistance, and case management to make sure that each person receives all the supports they need.

Program Office/Kitchen
1 Stockhouse Road
Bozrah, CT 06334
860-886-1720



**Thames Valley Council for
Community Action, Inc.**

1 Sylvandale Road
Jewett City, CT 06351
860-889-1365 | tvcca.org

TVCCA's Nutrition Program is supported in large part by Senior Resources' Agency on Aging, with Title III funds made available under the Older Americans Act, and with generous contributions and grants from community members and private foundations.

TVCCA's Nutrition Programs

**Meals on Wheels | Senior Congregate Dining
Early Childhood Meal Support**



**Providing nutrition to seniors, people with disabilities,
and children under 5 in eastern Connecticut.**



**Thames Valley Council for
Community Action, Inc.**

TVCCA's Nutrition Programs



Introducing our newest addition to Nutrition Services: TVCCA's "Cruising Café!"

This fabulous food truck visits farmers markets, public parks, and community events across the area, offering incredibly delicious snacks, entrees, and desserts, with all proceeds offsetting the costs of keeping the Meals on Wheels and Congregate Dining programs going.



We deliver nutritious meals to over 1,430 homebound seniors throughout 39 towns in eastern CT, 1,640 active elders at 28 congregate dining sites, and 1,460 children age 5 and under at our four Early Childhood Education Centers.

Meals on Wheels: *"More than a Meal!"*

We're different from other meal delivery services. At the core of Meals on Wheels is a nutritious meal, companionship, and a watchful eye on the health and safety of those we serve. Along with the inevitable impacts of aging come the increased risk of medical emergencies, falls, and accidents. The friendly visit ensures that our clients remain healthy, safe, and at home, where they belong. In short, we are delivering much more than a meal!

Eligibility: Community members who are homebound and age 60 or older are eligible to receive meals on Wheels support.

Delivery: Meals are delivered Monday through Friday from 10:30 am to 1:30 pm; delivery times may vary.

What about bad weather? Severe weather may prevent deliveries. If we know of bad weather, we will try to deliver three shelf-stable meals in advance. We provide two meals in November for you to use in an emergency.

Do I have to be home to receive my meal delivery? Yes! For health and safety, we cannot leave meals outside, or in coolers. If you are not going to be home, please call TVCCA to cancel your meal, providing 24 hours' notice.

What's included in the meal? Our meals are well balanced and nutritious, providing one-third of the Recommended Daily Allowance for selected vitamins, minerals, and other nutrients. Meals are low in sugar and salt and fit easily into a diabetic meal plan or no added salt diet. Renal meals are also available. Our Nutritionist and Registered Dietitian are available to speak with you about how to fit our meals into your diet.

Cost: A voluntary contribution of \$3 per meal is requested, though the actual cost of preparing and distributing meals is significantly higher. We send a monthly update of how many meals you've received. Contributions can also be made online at TVCCA.org. *No one is ever denied service for the inability to contribute toward the cost of their meals.*

For more info, or to sign up, call 860-934-1006.

Are you an active senior?

Congregate Dining: For active elders who enjoy dining out, we offer the same delicious meals at senior centers throughout eastern CT. Contact your local senior center for more info!

