

# SENIOR NUTRITION PROGRAM



The older adult nutrition program aims to reduce hunger, food insecurity, and malnutrition of older Mississippians. The program strives to promote socialization, nutrition, and the overall health and well-being of older adults.

## CONGREGATE MEALS

Congregate meals are served in community settings such as senior centers, churches, adult day cares, or senior housing communities. Meal sites offer an opportunity to meet friends and engage in social activities while having a nutritious meal.

## HOME-DELIVERED MEALS

A home-delivered meal is a cold frozen or shelf stable meal provided to eligible homebound adult ages 60 and above. These individuals are at higher risk for nutritional deficiencies and adverse health outcomes, as they may lack the knowledge, skills, mobility or motivation to obtain and/or prepare adequate food.

## FOOD PANTRIES

The three food banks below help to provide food to over 500 non-profit organizations, including food pantries, in communities across Mississippi:

North MS - Mid-South Food Bank <https://www.midsouthfoodbank.org>

Central MS - Mississippi Food Network <https://www.msfoodnet.org>

South MS - Catholic Charities of South Mississippi Food Bank <https://catholiccharitiesofsouthms.org/about-us>

*\*Food pantry services available to all eligible Mississippians regardless of age*



For a list of food pantries  
serving your local area,

**SCAN HERE**