



Senior Nutrition Services At a Glance

Of Catawba County Social Services

Serving Catawba County Since 1972

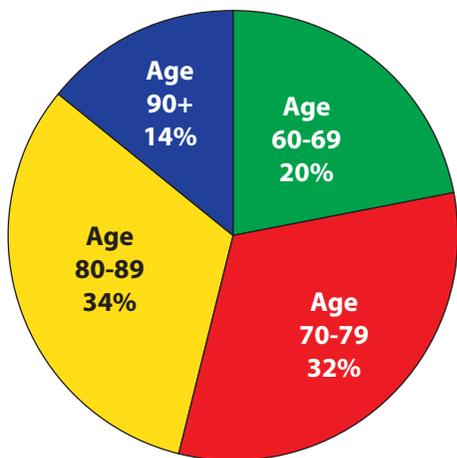
Our Mission:

To improve the quality of life of seniors by providing them the choice to remain at home through the provision of nutritious meals, education, socialization, health and wellness activities and community volunteer support.

What We Do

- Seniors Morning Out (Congregate Meal Program) Monday-Thursday.
- Meals on Wheels - five meals a week (3 hot and 2 frozen)
- Frozen Meals - 20 meals a month
- Nutritional Supplements (Boost/Ensure) 1-2 cases per month
- Pet Food Program: Monthly distribution to pet owners receiving nutritional services. (Banfield Charitable Trust grant)
- Social Work Case Management and referrals to community resources

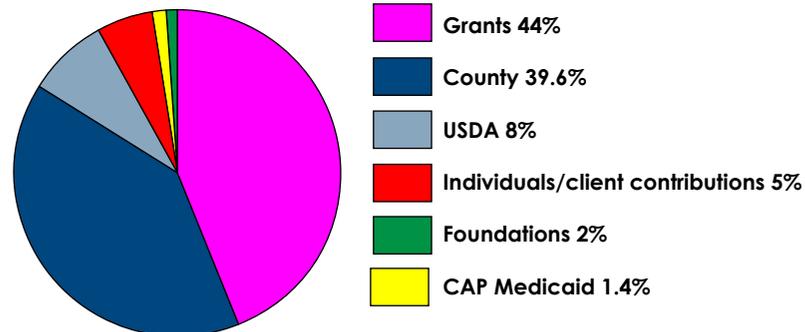
Who We Serve



37% are at or below the Federal Poverty Level
 40% live alone
 32% Male
 68% Female
 82% Caucasian,
 17% African American
 1% Hispanic or Hmong

1,450 seniors served FY 2012-2013
133,000 meals served each year

Sources of Funding



Budget FY 2012-2013, \$700,346

Meal Costs

- Cost to serve one person in Seniors Morning Out for a year: \$1,847
- Cost to provide Meals on Wheels to one person for a year: \$1,129
- Cost to provide Frozen Meals to one person for a year: \$408
- Cost to provide Nutrition Supplements for a year
 - One case of Ensure per month per year: \$180
 - One case of Boost Diabetic per month per year: \$353.88

Volunteers:

850 volunteers helped deliver meals to seniors in FY 2012-2013. If interested in volunteering, contact us.

Contact Us:

828-695-5610
 Physical Address: 507 Boundary St., Conover, NC 28613
 Mailing Address: P.O. Box 207, Newton, NC 28658
<http://www.catawbacountync.gov/dss/Adult/AdultServicesnew.asp>
 Now on Facebook!



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