



Southwestern Vermont Council on Aging Nutrition Services

OUR PROGRAMS

Meals on Wheels

Home-delivered meals program serving Rutland and Bennington Counties.

Congregate Meal Sites

There are many sites where you can join others for a community meal.

Nutrition Counseling & Education

A Registered Dietitian is available to provide one-on-one or group nutrition counseling for clients who are at nutritional risk.

WE CAN ASSIST WITH STATE PROGRAMS

3SquaresVT

Can help you stretch your budget so you can put three healthy meals on the table every day.

Commodity Supplemental Food Program

Available to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with USDA Foods.

Learning Kitchen Classes

A 6-week program teaching adults to shop for and prepare healthy meals on small budgets.

For more information call

The Senior HelpLine at **1-800-649-5119**