

Senior Nutrition Program

The Senior Nutrition Program provides older adults with healthy and nutritious home-delivered and community group meals. Community meals are regularly available at senior centers, community centers, faith-based organizations, senior housing, and other locations.

The program also provides nutrition-related risk screening, education, and counseling, and some locations may offer supper and weekend meals.



Eligibility

If you are interested in home-delivered meals you must be aged 60+ and meet the meal eligibility requirements for being frail, isolated, or homebound. Spouses and caregivers may also receive meals, regardless of age and ability. If you are under age 60, have a disability, and live in housing where mainly older adults live, you may also be eligible.

If you are interested in community meals, you must be aged 60+. Your spouse or partner can join you at community meals, regardless of their age. You are also eligible if you are under age 60 and live in senior housing where community meals are served.

Cost & Contact

There is no income limit to participate in the program. To learn more and see if you are eligible for the program, call MassOptions at 800-243-4636.



Mass.gov/Aging



MassOptions 1-800-243-4636