

March for Meals

This March, Washington County Office for Aging joins the Administration for Community Living and senior nutrition service providers across the country in celebrating the anniversary of the national Senior Nutrition Program through a campaign called March for Meals.

Since 1972, the Senior Nutrition Program has supported nutrition services for older adults. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults (60 and older) to access nutritious meals and other vital services that strengthen social connections and promote health and well-being.

Senior nutrition is now more important than ever. Each year in the U.S., up to half of adults age 65 and older are at risk of malnutrition, and more than 10 million face hunger. In communities throughout the U.S. – including our own – older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

During this month we will highlight the importance of nutrition services provided to older adults in Washington County through a campaign called March for Meals. We invite local, State and Federal Legislatives to take a tour of our central kitchen, serve meals at our dining sites and deliver meals on our home delivered meal routes. Be sure to check our social media and website as we promote nutrition services all month long!



Photo: (Left to right) Ed Walkup, Dan Jones, Team Leader - Peggy Lindsey, Daisie Ely, Pauline Charpentier, Doug Alber, Team Leader - Mary Maynard-Fenton, Laura McMorland, Nutrition Services Coordinator - Stacey Barcomb, Jean-Marie Lundgren, Jim McDougall, Don Miller (Not all Nutrition Employees shown)

Nutrition Services at the Washington County Office for the Aging

Home Delivered Meal Program

Hot meals are delivered Monday through Friday to persons aged 60 years old and older and who based on assessment, are unable to meet their daily nutritional needs. Our delicious meals are prepared fresh each day and the menu items are carefully planned by our Registered Dietician, Kristin Stewart.

Senior Dining Sites

Our Congregate Dining Sites are in Whitehall, Cambridge, and Hudson Falls. These sites provide a noon-time meal to individuals 60 and older who desire a setting that provides fellowship and social activities. Dining at one of our congregate dining sites is an excellent alternative for individual's ineligible for the home delivered meal program.

Restaurant Dining Program

This unique program allows older New Yorkers to remain connected to their family, community, and home by allowing them to eat what they want, when they want in local area restaurants. This innovative program seeks to increase opportunities for socialization and community activity. It is a partnership between the Washington County Office for the Aging and our local participating restaurants. This program is funded by our Washington County Board of Supervisors.

Nutrition Education

We offer planned programs and newsletters promoting better nutrition, physical fitness and health through information and instruction on nutrition and related consumer topics of interest.

Nutrition Counseling

Our Registered Dietician, Kristin Stewart is available to address your needs. Whether you have a newly diagnosed illness that requires you to alter your eating habits or just need to discuss proper nutrition, our dietician can make an appointment with you.

“Pop Up” Mobile Meal Site

“Pop Up’s” are Mobile Meal Site events held at various locations throughout Washington County offering a nutritious meal, recreation, or education activities. An array of speakers are invited on a regular basis to present programs that educate and promote healthy lifestyles. The “Pop-Up” manager is a link between older adults in our county and available services through the Washington County Office for Aging.

Please contact our office at 518-746-2420 for information about any of the services listed above.