

## Overview

The Winnipeg Regional Health Authority (WRHA) – Community Development & Healthy Aging Services has developed the Congregate Meal Program Tool Kit for Living Well at 55+. This tool kit is to be used as a guide for healthy living and nutritional resources and information.

This tool kit was developed based on the feedback from various Community Development & Healthy Aging staff, reports and evaluations. The need for accessible nutrition related information for service providers and older adults was indicated.

This tool kit was also developed with the intention of being a practical and useful resource for the community. We hope the information attached will support the work being done in the community and meets the needs of congregate meal programs.

It may be advisable to call and verify the hours, any applicable fees, services and accessibility of the listed resources for any possible changes.

### ***Disclaimer***

The WRHA is providing this tool kit as a guide to resources and information and is not endorsing any of the listed services. The WRHA does not provide advice, nor is responsible for the information provided or the nature or quality of the services provided.

Users of this tool kit are advised to contact the organizations directly to determine the suitability and eligibility in their community.



## ***Congregate Meal Program Goals***

- Provide well-balanced meals according to Canada's Food Guide
- Offer affordable meals
- Provide a friendly and welcoming atmosphere
- Provide a social atmosphere and group context
- Encourage volunteer and leadership opportunities
- Offer opportunities to learn and grow
- Link older adults to community-based services
- Decrease social isolation and loneliness
- Increase the health and social well-being of seniors

## ***Key Areas to Address***

- Accessibility
- Transportation
- Timeliness
- Nutritional value and quality of meals
- Meal cost
- Emotional well-being
- Social functioning
- Capacity building
- Improving the overall eating habits of participants
- Increasing participation



## ***Components of a Successful Program***

- Broad menu choices that can accommodate cultural preferences and dietary restrictions
- Nutritious, well-balanced meals according to Canada's Food Guide
- Attractive presentation of food
- Knowledgeable and friendly staff /volunteers
- Pleasant, welcoming, and supportive environment
- Adequate transportation and parking
- Feedback from participant and volunteer
- Variety of programs, services, and activities
- Widespread publicity