

How to Start a Congregate Meal Program

Step 1

Call Community Development & Healthy Aging Services at (204) 791-7848 or (204) 791-2066 to obtain a Congregate Meal Program Toolkit.

This kit provides:

- ✓ Logic model for programming, planning and evaluation
- ✓ Congregate meal program guidelines
- ✓ Food safety information
- ✓ Menu planning tips and hints
- ✓ Sample menus and recipes
- ✓ Nutrition and health resources for older adults
- ✓ Food purchasing information and tips
- ✓ Resources for congregate meal programs

Step 2

Use the Information in the Binder to Get Started! Good Luck!

