

Nutrition



Tri-County
Office on Aging

5303 S. Cedar St., Bldg. 1, Lansing, MI 48911



517-887-1440



www.tcoa.org

Home Delivered Meals

Meals on Wheels offers several healthy, flavorful, well-balanced meal options. Each of these options meet 1/3 of the daily recommended nutritional needs of older adults. An assessment will be performed to determine eligibility.

To qualify for home delivery a person must be:

- At least 60 years old
- Unable to prepare nutritious meals

Other household members may qualify if they are:

- The spouse or partner of the eligible individual
- A person with a disability

Senior Dining Sites

Social interaction and activity play a vital role in healthy aging. Adults who are 60 and over, and their spouse or partner, are invited to attend one of many Senior Dining Site locations throughout Clinton, Eaton and Ingham Counties. Participants enjoy good company and wholesome food, as well as educational and entertaining activities.

Individuals with disabilities who are not older individuals but who reside in housing facilities occupied primarily by older individuals at which congregate nutrition services are provided may participate in the meal.



Nutrition Services

Senior Dine Card

The Senior Dine Card program provides occasional meals at local participating restaurants to individuals age 60 and over who do not have access to a Senior Dining Site.

Farmer's Market Coupons

Senior Project Fresh provides qualified individuals age 60 and over with coupons to purchase fresh fruits and vegetables at participating Michigan farmers markets June through October.

How Are Meals Funded?

Federal and state funds are provided through the Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports (or ACLS Bureau), Clinton, Eaton and Ingham Counties and the Cities of East Lansing and Lansing and the Ingham County Elder Persons Millage. Many local townships, villages, small cities, community fundraising efforts, and client donations contribute to the financial needs of this vital service. Private donations also allow Tri-County Office on Aging (TCOA) to meet the needs of the community. Payment is not required and no eligible person is ever denied a meal if they do not have the resources to contribute.

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Contact Information

Clinton County Meals on Wheels

989-224-3600 or 1-888-224-3030

Eaton County Meals on Wheels

517-541-2330 or 1-866-541-5444

Greater Lansing Meals on Wheels

517-887-1460

Rural Ingham Meals on Wheels

517-676-2775

Senior Dining Sites & Senior Project Fresh

Community Nutrition Manager

517-887-1393

Tri-County Office on Aging

517-887-1440 or 1-800-405-9141

[WWW.TCOA.ORG](http://www.tcoa.org)



Volunteer with TCOA! www.tcoa.org/volunteer

Tri-County Office on Aging does not discriminate on the basis of race, color, religion, sex, national origin, ancestry, sexual orientation, age, disability, disabled or Vietnam era veteran status, marital status, and other protected characteristics in any of its programs or policies. Tri-County Office on Aging complies with all applicable laws and regulations. For detailed information on Section 1557 of the Affordable Care Act, please visit our website at <http://www.tcoa.org>.

Tri-County Office on Aging is an Equal Opportunity Employer.