

Senior Meals

To obtain the nutrition necessary for healthy living, people age 60 or older and their spouses can eat at Senior Meals sites throughout South Dakota.

Senior Meals are served in a group setting, such as a senior center or community building. Senior Meals can also be delivered to individuals who are homebound.

Senior Meals offer:

- Hot, nutritious meals every weekday, which meet one-third of an older person's dietary needs.
- Affordable, delicious meals offering a variety of food.
- An opportunity to meet others in a group dining atmosphere.
- Social contact for those who are homebound.
- Daily fellowship for an active and healthy lifestyle.

Well-nourished people experience:

- Longer, healthier lives
- Fewer health complications
- Lower health care costs
- Faster healing
- Shorter hospital stays



Meal Guidelines

- 2 oz. meat or alternative
- 3 (1/2 cup) servings of vegetables or fruits
- 1 slice bread or alternative
- 2 tsp. soft margarine
- 1 cup milk

Volunteering

Why volunteer?

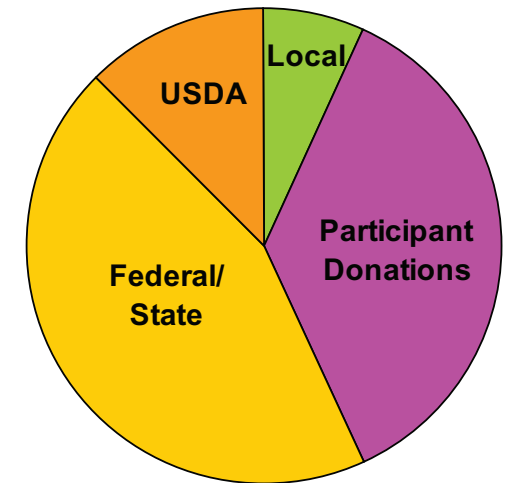
- Help others
- Meet new friends
- Personal satisfaction

How can you help?

- Deliver meals to homebound individuals
- Take reservations
- Serve and package meals

Funding

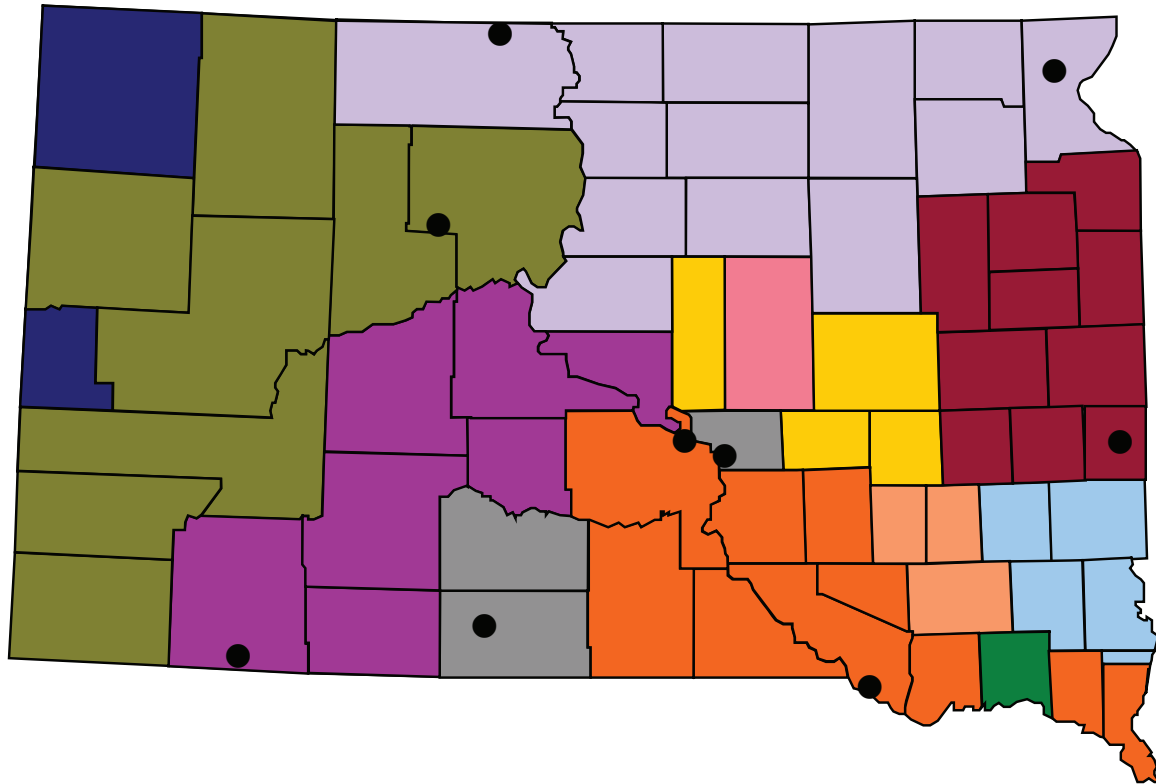
Funding for Senior Meals is a joint effort between federal and state governments, community support and participant donations. Participants are encouraged to donate what they can afford. SNAP benefits (formerly known as Food Stamps) are accepted.



Where to Go

To make a reservation for Senior Meals one day in advance or to purchase meal tickets, contact your local Senior Meals site. See the map in this brochure for contact information.

Senior Meals Area Offices



 605-394-6002	 605-352-6091	 605-487-7635
 605-642-6613	 605-995-8440	 605-336-6722
 605-685-6642	 605-692-6391	 605-665-1055
 605-229-4741	 605-853-2869	

Tribal Meals Areas

Eagle Butte: 605-964-8056	Agency Village: 605-698-9023
Fort Yates, ND: 701-854-3846	Flandreau: 605-997-2924
Fort Thompson: 605-245-2140	Marty: 605-384-3641
Pine Ridge: 605-867-5821	Lower Brule: 605-473-5685
Rosebud: 605-747-2960	

For More Information:

Please use the contact information below to learn more about Senior Meals in South Dakota:

Adult Services and Aging
700 Governors Drive
Pierre, SD 57501-2291

Phone:
605-773-3656

Web:
[www.dss.sd.gov/elderlyservices/
services/senior meals](http://www.dss.sd.gov/elderlyservices/services/senior%20meals)



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