

# Meals

Senior Meal Sites are nonprofit self-supporting organizations that rely on federal and state government funding, participant donations and local community support to help cover meal costs. Participants are encouraged to donate what they can to keep the program possible.

Your dining experience at a senior meal site includes an affordable, hot, healthy meal that meets one-third of your Dietary reference Intake, a guideline set by the USDA to meet the nutrients needed throughout the day. These meals are offered in a social atmosphere within a congregate dining setting, or can be delivered to individuals who are homebound.

Meals are prepared for individuals 60 and older, but anyone can dine at a Senior Meal site regardless of age for the full cost of the meal. Meal prices vary from site to site.

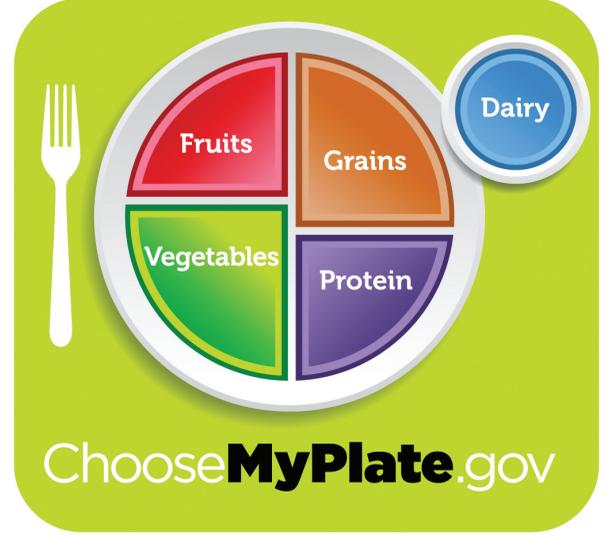
# Healthy Eating Starts with a Healthy Attitude!

## My Plate

The diagram shows how to use a portion control approach focusing on healthy foods including whole grains, fruits, vegetables and dairy. By focusing on these foods you can decrease your intake of foods higher in fat, sugar and salt.

### My Plate is designed for:

- 1/2 of the dinner plate to consist of fruits and vegetables
  - Try fruit as a snack or dessert
  - Try adding more vegetable to main dishes
- 1/4 of Whole Grains
  - Look for whole grain to be listed first in the ingredients
- 1/4 of Protein
  - Choose lean meats
  - Try seafoods, beans and nuts
- 1 cup dairy
  - Choose skim or 1%, which have less fat and sodium



### Following a Proper Diet Helps Individuals to:

- Live a longer, stronger life
- Increase energy and feel healthier
- Increase nutrient intake to sharpen the mind
- Manage medications
- Maintain a healthy weight
- Protect themselves against cancers
- Reduce their risk of stroke and other cardiovascular diseases
- Reduce their risk of Type 2 Diabetes

# Volunteering

Sites are always looking for additional help. Volunteering opportunities include:

- Delivering meals to the homebound
- Helping to serve and package meals
- Helping with reservations
- Welcoming individuals

## Who Volunteers?

- Friends
- Families
- Athletes
- Youth
- Groups
- Businesses

## Where to Go

To make a reservation for Senior Meals or to purchase meal tickets, contact your local Senior Meals site. In order to facilitate planning, please make reservations one day in advance. For information about Senior Meal Sites in your area, refer to the Senior Meals Area Offices information within this brochure.

# Senior Meals Area Offices

## **Area IV Senior Citizens Planning Council** (605) 229-4741

Aberdeen, Bowdle, Bristol, Britton, Claire City, Cresbard, Eden, Eureka, Faulkton, Gettysburg, Groton, Helca, Hosmer, Hoven, Ipswich, Langford, McLaughlin, Mobridge, New Effington, Onida, Pierpont, Pollock, Redfield, Roslyn, Selby, Sisseton, Veblen, Waubay, Webster, Wilmont

## **Bennett Co. Senior Center** - (605) 685-6642 Ft. Pierre, Kadoka, Kyle, Martin, Murdo, Philip, Pierre

## **Cheyenne River Elderly Nutrition Service** (605) 964-8056 Eagle Butte, Cherry Creek, La Plant

## **City of Mitchell** - (605) 995-8439 Mitchell, Mt. Vernon, Parkston, Tripp, Artesian

## **Fort Yates Standing Rock** - (605) 854-3846 Bear Soldier, Running Antelope, Kenel, Wakpala, Rock Creek

## **Huron Area Senior Center** - (605) 352-6091 Highmore, Hitchcock, Huron, Wessington, Wessington Springs, Wolsey, Woonsocket

## **Inter-Lakes Community Action Partnership** (605) 692-6391

Arlington, Badger, Brookings, Bruce, Bryant, Canova, Carpenter, Carthage, Castlewood, Clark, Clear Lake, Colman, DeSmet, Estelline, Flandreau, Hayti, Hazel, Howard, Labolt, Lake Norden, Lake Preston, Madison, Milbank, Oldham, Ramona, Stockholm, Strandburg, Toronto, Volga, Watertown, White, Willow Lake

## **Miller Nutrition Project** - (605) 853-2869 Miller

## **Rosebud Sioux Tribe** - (605) 747-2960 Antelope, Horse Creek, Milks Camp, Norris, Okreek, Parmalee, Rosebud, Spring Creek, St. Francis, Winner

## **Rural Office of Community Services (ROCS)** (605) 487-7634 Armor, Avon, Burke, Chamberlain, Colome, Corsica, Delmont, Geddes, Gregory, Kennebec, Kimball, Lake Andes, Menno, North Sioux City, Platte, Plankinton, Presho, Scotland, Springfield, Stickney, Tyndall, Vermillion, Wagner, White Lake, Winner

## **Senior Citizens Services (Sioux Falls)** (605) 336-6722 Alcester, Beresford, Canton, Centerville, Chancellor, Chester, Colton, Dell Rapids, Garretson, Hartford, Hudson, Lennox, Montrose, Parker, Salem, Sioux Falls

## **Sisseton Wapeton Dakota Nation** (605) 742-3088 Big Coulee, Buffalo Lake, Enemy Swim, Long Hollow, Old Agency, Peever

## **Spearfish Nutrition Site / Tree House Cafe** - (605) 642-1277 Spearfish, Buffalo (MOMS Meals)

## **Sturgis Nutrition Program:** (605) 642-6613 Sturgis

## **Western South Dakota Senior Services** (605) 394-6002 Belle Fourche, Bison, Custer, Dupree, Edgemont, Faith, Hot Springs, Isabel, Lemmon, Newell, Rapid City, Timber Lake, Wall

## **Yankton Area Senior Citizens** (605) 665-1055 Tabor, Yankton

## 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/seniormeals](http://www.dss.sd.gov/elderlyservices/services/seniormeals)



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# Nutritious Senior Meals

