



Healthy Food, Healthy Seniors.

Senior community dining occurs at sites across the tri-county where seniors 60 and over meet to socialize and have lunch. It's a time for older adults to get out of the house, enjoy nutritious, healthy meals, and spend time with friends.



COMMUNITY DINING

- Reduces food insecurity.
- Provides a personal connection to counterbalance the health effects of loneliness and isolation.
- Promotes socialization.

WHO QUALIFIES?

- Adults 60 or over.
- Residents of Deschutes, Crook, or Jefferson County.

HAVE QUESTIONS?

Please get in touch with Cathy Lang at (541) 527-0612 or clang@councilonaging.org

DID YOU KNOW?

Roughly 5.2 million people age 60 and over faced food insecurity in 2020. Food insecurity has been linked with the following:

- Lower nutrient intake, which can lead to malnutrition and vitamin deficiencies.
- Poorer health outcomes like heart failure and diabetes.
- Mental health issues, including anxiety and depression.

Information and statistics are from Feeding America, "The State of Senior Hunger in 2020"

**THE COUNCIL ON AGING SERVED
47,620 LUNCHES ACROSS THE TRI-COUNTY
BETWEEN JULY 2021 – JUNE 2022.**

WE'RE IN THIS TOGETHER

The Council on Aging works with the Redmond Senior Center, La Pine Activity Center, Prineville Senior Center Charitable Trust, and Jefferson County Senior Center to manage community dining in Deschutes, Jefferson, and Crook County.

WANT TO BE A COMMUNITY DINING VOLUNTEER?

Contact volunteer@councilonaging.org, visit www.CouncilOnAging.org/Volunteer, or call (541) 678-5483