As We Get Older...

Our eating habits change as we age and we need to make small adjustments to enjoy the foods and beverages we need to live a healthy lifestyle.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.

Did you know?

- Individuals age 60 and over who qualify for congregate and home-delivered meals have the option to contribute a donation to the cost of their meal. You don’t have to be 60+ years to eat at a meal site as long as you pay the full cost of your meal.
- The Nutrition Program is funded by Federal, State and Local dollars. Donations are encouraged to help meal providers keep their programs open for those who are in need of a meal.
- In 2018, more than 1.2 million meals were provided in South Dakota.

Online: http://dhs.sd.gov/ltss/nutritionprogram.aspx

The Adult Nutrition Program’s goals are to reduce hunger and food insecurity, to promote socialization, and to promote the health and well-being of older individuals by providing access to nutrition and health and prevention services.
Adult Nutrition Locations

Aberdeen Area IV Senior Citizens: 605-229-4741
Bennett Co. Senior Center: 605-685-6442
City of Mitchell: 605-995-8441
Huron Area Senior Center: 605-352-6091
Inter-Lakes Community Action: 605-256-6518
Meals on Wheels Western SD: 605-394-6002
Miller Wheels and Meals: 605-853-2869
Rural Office of Community Services (ROCS): 605-384-3883
Spearfish Nutrition Site: 605-642-1277
Active Generations: 605-336-6722
The Center, Yankton: 605-665-1055

Adult Nutrition Tribal Locations

Cheyenne River Elderly Nutrition: 605-964-8056
Flandreau Elderly Nutrition: 605-997-2924
Fort Thompson Elderly Nutrition: 605-245-2140
Lower Brule Elderly Nutrition: 605-473-5685
Pine Ridge Elderly Nutrition: 605-867-5913
Rosebud Sioux Tribe: 605-747-2960
Sisseton-Wahpeton Elderly Nutrition: 605-698-9023
Standing Rock Nutrition for the Elderly: 701-854-3846