



Minnesota's Senior Nutrition Services Network: Celebrating 35 Years of Service

Minnesota's network of Area Agencies on Aging and nutrition service providers has a long history of delivering high quality nutritious meals to thousands of older Minnesotans. These meals play a critical role in preventing malnutrition, reducing the risk of chronic diseases and related disabilities, supporting better mental and physical functioning, and managing common chronic conditions in older adults.

In 2007 combined state and federal dollars paid for more than 3.3 million meals served in homes and at senior dining centers to more than 78,000 seniors in Minnesota. The typical program participant is an 80 year old woman who lives alone. The majority of program participants report that the program helps them eat more balanced meals, continue to live in their own homes, and stretch their food dollars further.

The Minnesota Board on Aging applauds the dedication and commitment of the hundreds of staff and volunteers in communities around the state who work tirelessly to help meet the nutrition needs of older Minnesotans.

Earlier this year, the Minnesota Board on Aging appointed a Senior Nutrition Task Force. The Task Force will review current nutrition services and recommend priorities and policy changes. Current economic pressures and increasing numbers of baby boomers who will require nutrition services are some of the challenging issues being discussed by the Task Force.

The Minnesota Board on Aging is appointed by the governor to identify and promote ways to meet the changing needs of older Minnesotans. It partners with Area Agencies on Aging to administer and oversee the use of state and federal funds to benefit the older population. It also helps shape policies to help Minnesotans age well and live well. For more information, access the board's Web site at www.mnaging.org.