

Township of Ocean Congregate Nutrition Program

Waretown Community Café Engel Sprague Senior Center

239 11th St. Waretown

The Township of Ocean has received funding under Title III Older Americans Act through a grant from the Ocean County Board of Commissioners.

The Township has contracted with Meals on Wheels to provide Congregate Hot Meals every Monday and Wednesday in the Senior Center. Activities begin at Noon, meals served at 12:30pm

Congregate Meal Eligibility:

To be eligible for Congregate Meals you must be

- At least 60 years of age or the spouse of someone 60 or older who is eligible for and receiving meals
- A resident of Ocean County

Registration:

- New clients must complete a registration form, which will be distributed at their first meal.

Contributing for Your Meals:

We ask each participant to contribute \$2 for each meal. The actual cost to prepare and serve each meal is more than \$10. Any amount you can give above the \$2 minimum would be appreciated.

A Donation envelope will be provided each day along with your meal. Place your contribution in the envelope and return to the site manager.

About the Meals:

Each meal includes a meat, fish or pasta, vegetables, bread, juice, fruit or dessert and milk. All menus are approved by the Meals on Wheels qualified nutritionist and are planned to provide at least one-third of the recommended daily dietary allowances set by the US Department of Agriculture.

We do not offer special diet meals or make menu substitutions upon request.

- All meals must be eaten on site (only unopened milk and/or juice, bread, fruit and /or wrapped single serving dessert items may be removed from the site)

Monthly Menus:

The site manager distributes monthly menus to recipients; they are posted online www.twpoceannj.gov (under senior programs). Each menu lists the entrée that will be served

Service delivery Days:

Clients must contact Jeanne Broadbent site manager 609-548-6319 or recreation@twpoceannj.gov

- Clients MUST pre-register by Friday 10am in order to receive a meal on Monday's
- Clients MUST pre-register by Tuesday 10am in order to receive a meal on Wednesday's

Site Closings Due to Weather:

Snow or other weather related emergencies may cause Meals on Wheels and the Township to temporarily cancel our meal services. The township will send out nixel announcements of delays or closings. Announcements will also be posted on Facebook and emails will be sent to all clients.

For more information contact Jeanne Broadbent 609-548-6319 recreation@twpoceannj.gov