

As We Get Older...

As we age, our eating habits change, and we need to make small adjustments to live a healthy lifestyle while continuing to enjoy our food and beverage choices. Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.



- ◆ Add sliced fruits and vegetables 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 aged 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 Federal Fiscal Year 2020, more than 1.4 million meals were provided in South Dakota.

Online: <https://sdnutrition.net/>

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Español (Spanish) - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.305.9673 (TTY: 711).

Deutsch (German) - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.305.9673 (TTY: 711).

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South Dakota Adult Nutrition Program

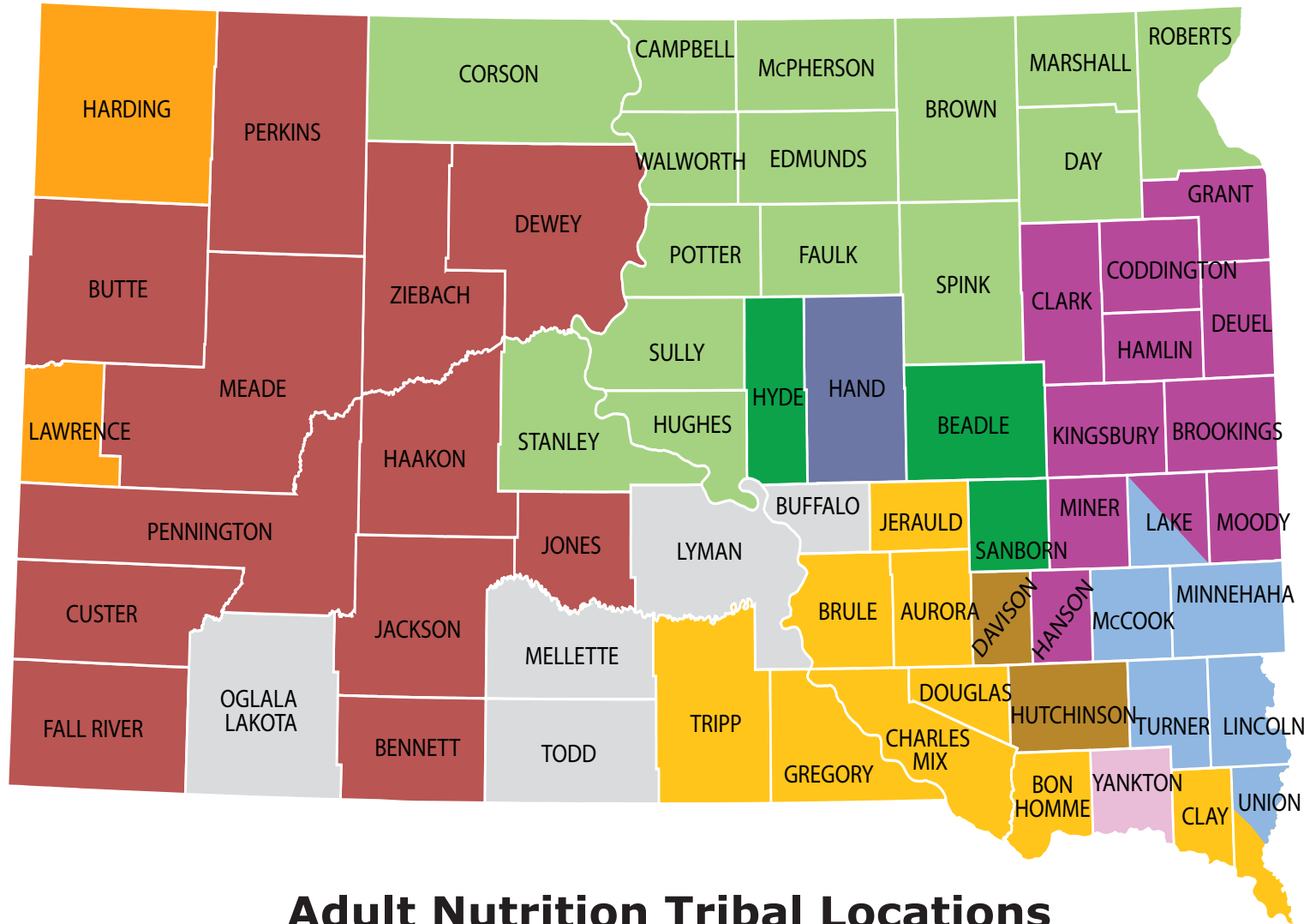


The Adult Nutrition Program's goals are to reduce hunger and food insecurity, to promote socialization, and to promote the health and well-being of older individuals by providing access to nutrition and health and prevention services.



Adult Nutrition Locations

- Area IV Senior Nutrition:
605-229-4741
- 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:
605-333-3305
- The Center, Yankton:
605-665-1055



Adult Nutrition Tribal Locations

Cheyenne River Elderly Nutrition: **605-964-8056**

Lower Brule Elderly Nutrition: **605-473-5685**

Sisseton-Wahpeton Elderly Nutrition: **605-698-9023**

Flandreau Elderly Nutrition: **605-997-2924**

Pine Ridge Elderly Nutrition: **605-867-5913**

Standing Rock Nutrition for the Elderly: **701-854-3846**

Fort Thompson Elderly Nutrition: **605-245-2140**

Rosebud Sioux Tribe: **605-747-2960**