

The **Cumberland County Nutrition Program** is funded by Title III of the Older Americans Act, to provide nutritious meals in a social setting to the senior citizens of the County.



The goals of the Nutrition Program are to:

- promote good health through proper nutrition
- reduce loneliness by offering the opportunity to socialize and be with others
- provide easy access to other programs and benefits available

WHO MAY COME?

Any County resident 60 years of age or older and their spouse may participate. If the nutrition site is located in a federally subsidized housing facility, disabled residents of that facility are eligible and welcome to attend. Participants are asked to call two days in advance so that a meal can be ordered. Transportation is available if needed by calling CATS (Cumberland Area Transit System) at (856) 691-7799.

HOW THE PROGRAM WORKS

Each day, Monday through Friday, a hot noontime lunch is served. Menus include meat, fish, or chicken; vegetables; fruits; bread or rolls; milk; and coffee or tea. The well-balanced meals are planned by a nutritionist to provide 1/3 of the RDA (recommended daily allowances).

Meals are diabetic friendly.

Representatives of other agencies visit the luncheon sites to keep participants informed about events, programs, and services.

There is no fee for meals served. Each participant is given the opportunity to donate to the program. The suggested donation is \$2.00. Donations are used to offset the cost of the meals and to expand the program to more seniors and are appreciated but not required to participate.

Volunteers serve in many capacities, including serving at the site, and assisting at the desk or in the kitchen. Volunteer participation is encouraged at every site.

CALL THE SHARING CENTER NEAREST YOU TO MAKE A RESERVATION (9:30 a.m. to 1:00 p.m.):

FAIRFIELD

Fairfield Twp. Senior Center
70 Fairton-Gouldtown Rd.
Bridgeton, NJ 08302
Site Manager: Eric Durham
Telephone: (856) 451-9284
(Serves Tues., Thurs.)

VINELAND

Tarkiln Acres Community Hall
191 W. Chestnut Ave Drive
Vineland, NJ 08360
Site Manager: Minnie Torres
Telephone: (856) 692-0973

MILLVILLE

TOWNSHIP

High Rise East
130 South Second Street
Millville, NJ 08332
Site Manager:
Telephone: (856) 825-8779

COMMERCIAL

Louise Moore Senior Center
8879 Highland Street
Port Norris, NJ 08349
Site Manager: Cindy Tawes
Telephone: (856) 785-9817

MAURICE RIVER TOWNSHIP

Maurice River Twp. Municipal Bldg.
590 Main St. Leesburg, NJ 08327
Site Manager: Donna Jacoby
Telephone: (856) 785-0325

DEERFIELD TOWNSHIP

Charlotte Brago Senior Center
736 Landis Ave. Rosenhayn, NJ
08352. Site Manager: Melissa Shinn
Telephone: (856) 455-6902
(Serves Mon., Tues., Wed., Thurs)

SEABROOK*

Edgar Joyce Senior Center
1323 State Highway #77
Bridgeton, NJ 08302
Site Manager: Sherrie Dixon
Telephone: (856) 451-5649
(Serves Tues., Wed.)

LAWRENCE TOWNSHIP

Lawrence Township Senior Center
14 Mulford Drive
Cedarville, NJ 08311
Site Manager: Judy Andrews
Telephone: (856) 447-1000
(Serves Tues., Wed., Thurs.)

**After lunch, classes in Arts & Crafts, Cooking, etc., are available.*

NANTICOKE LENNI-LENAPE TRIBE

75 Westcott Station Rd.
Fairton, NJ 08320
Telephone: (856) 455-6910
(Serves Wednesday)



CUMBERLAND COUNTY CONGREGATE NUTRITION PROJECT FOR THE ELDERLY

*Join us for lunch, friendship, and fun
at the Sharing Centers!*

The Cumberland County Nutrition Project for the Elderly operates under the auspices of the Cumberland County Board of Commissioners and is administered by the Cumberland County Office on Aging & Disabled, funded primarily by Title III C-1 of the Older Americans Act, as received from the New Jersey Division of Aging, and the U.S. Administration on Aging.

All services of the County Office on Aging & Disabled are available to older residents of the County in accordance with Title VI of the Federal Civil Rights Act and applicable State statutes.



Cumberland County Board of Commissioners



Sandra Taylor, Director

Art Marchand
Robert Austino
John Capizola, Jr.

Yolanda Garcia-Balicki
Antonio Romero
James Sauro

The Cumberland County Nutrition Project for the Elderly is a Federally funded program operated by the Cumberland County Office on Aging & Disabled, 800 East Commerce Street, Bridgeton, NJ 08302

Lisa A. Williams
Executive Director
(856) 453-2224

Kirsten Gandy
Director, Nutrition Programs for the Elderly
(856) 453-2159

