



Senior Nutrition

We invite you to dine with us! In 1965, the Older Americans Act was passed and made funding available to promote the health and well-being of older Americans.



Catholic Charities receives partial funding from CMCOA*, along with funding from United Way, local communities, and diner contributions. These funds are used to provide nutritious meals to seniors, promote wellness by providing seniors with the opportunity to interact with others, and connect seniors with services that assist them in living independently in their homes. An annual registration for this program must be completed.



Congregate Dining

- A noon meal is served to seniors 60+ *for a suggested contribution*. No eligible diner is denied a meal based on ability to pay.
- Meals are available for full price for those of all ages or who do not want to complete the registration form.



Frozen Meal Distribution

- Frozen meals are intended for seniors 60+, low income (at or below the poverty line), in need of nutritional support, and have difficulty preparing or shopping for their own meals. *There is a suggested contribution for this service.*
- Frozen meal distributions are county specific, and for eligible seniors living in that county.



Meals on Wheels

- Catholic Charities Meals on Wheels (MOW) delivers meals to persons who are homebound or in need of rehabilitation time from surgery, injury, or illness. This service is based on assessment of need. A home visit and registration are required. There is a suggested contribution for this service.
- Volunteer drivers are regular contacts for homebound individuals.
- A complete well-balanced meal is delivered to the recipient's door. This meal provides one-third of the required daily calories and nutrients, and is dietitian approved.

Catholic Charities Senior Nutrition provides volunteer opportunities to assist with meal operations, and delivering Meals on Wheels. If you are interested in volunteering, please call 320-229-4584.

+ VIEW OUR SENIOR DINING LOCATIONS ON THE BACK OF THIS PAGE & CALL THE LOCATION NEAREST YOU.

*Central MN Council on Aging (CMCOA) is the agency in this region of Minnesota who distributes those funds to organizations who are wanting to provide services to seniors in Central Minnesota.



Empowering our neighbors.
Impacting generations.

157 Roosevelt Rd Suite 200, St. Cloud, MN 56301
Call: 320.229.4584 | **Toll Free:** 1.800.830.8254 Ext. 4584
www.ccstcloud.org/senior-dining





Congregate and Meals on Wheels Dining



Meals on Wheels Only

 ALBANY	Pond View Estates, 334 Golfview Dr.	320.845.4070
 MEALS ON WHEELS: AVON, BELGRADE, BROOTEN, COLD SPRING, FREEPORT, GREENWALD, HOLDINGFORD, MEIRE GROVE, MELROSE, NEW MUNICH, PAYNESVILLE, ST. JOSEPH & SAUK CENTRE		
 ANNANDALE	City Hall, 30 Cedar St. E	763.290.2238
 BRAHAM	Park Manor Apartments, 409 Central Dr. West	320.942.1483
 MEALS ON WHEELS: CAMBRIDGE & ISANTI		
 BUFFALO/DELANO	114 Commerce Circle	651.342.3347
 ELK RIVER	Guardian Oaks Apartments, 350 Evans Ave NW	763.441.6288
 MEALS ON WHEELS: BECKER, BIG LAKE, & MONTICELLO		
 FOLEY	Dewey Place Apartments, 455 Dewey St.	320.983.6158
 HINCKLEY	Senior Citizens Center, 302 Main St. E	320.384.6557
 MEALS ON WHEELS: ASKOV, BRUNO, FINLAYSON, OGILVIE, SANDSTONE & WILLOW RIVER		
 MAPLE LAKE	WCCA, 130 Division St. West	320.963.5771
 MEALS ON WHEELS: COKATO & KIMBALL		
 MILACA	Milaca Park Apartments, 240 2nd Ave SW	320.983.6158
 MEALS ON WHEELS: ISLE, ONAMIA		
 MORA	Dala House Apartments, 470 Bean Ave.	320.679.4029
 NORTH BRANCH	Chisago County Senior Center, 38790 6th Ave.	651.674.1956
 MEALS ON WHEELS: RUSH CITY		
 PINE CITY	Senior Center, 670 Main St. S	320.629.3024
 PRINCETON	Crystal Court Apartments, 604 S 3rd St.	763.389.4602
 MEALS ON WHEELS: ZIMMERMAN		
 ST. CLOUD	Whitney Senior Center, 1527 Northway Dr.	320.828.6077
 MEALS ON WHEELS: RICE, SARTELL, WAITE PARK, & SAUK RAPIDS		

Partially funded under a contract with Central Minnesota Council on Aging via the Older Americans Act and administered by Catholic Charities of the Diocese of St. Cloud. Catholic Charities is an Equal Opportunity Employer and Service Provider. Employment, services, volunteer opportunities, and internships are available to all persons regardless of race, color, religion, national origin, sex, marital status, sexual orientation, public assistance status, disability, or age.



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