

Older Americans Act Review— Senior Nutrition

January 2026 Advisory Council Meeting



Area Agency on Aging

- Title III of the Act authorizes federal funds to provide the following services:
 - Supportive services (socialization, social supports, senior centers, transportation)
 - Nutrition services (congregate and home-delivered)
 - Evidence-based disease prevention and health promotion services
 - Family caregiver support services
- Title II of the Act authorizes federal funds to provide:
 - Advocacy
 - Administration



Senior Nutrition in the OAA

- **Title III-C1:** congregate meals provided by a qualified nutrition service provider to eligible individuals and consumed while congregating in-person
 - In limited circumstances, can include pick-up/to-go meals if permitted by a State
- **Title III-C2:** home-delivered meals provided by a qualified nutrition service provider to eligible individuals and consumed at their residence or outside of a congregate setting
 - Eligibility may include consideration of an individual's ability to leave home unassisted, ability to shop for and prepare nutritious meals, degree of disability, or other relevant factors



Senior Nutrition in the OAA

- **Nutrition Education:** information which provides individuals with the knowledge and skills to make healthy food and beverage choices. Congregate and home-delivered meal services shall provide education as appropriate.
- **Nutrition Counseling:** service must align with the Academy of Nutrition and Dietetics and provided by a Registered Dietitian Nutritionist.

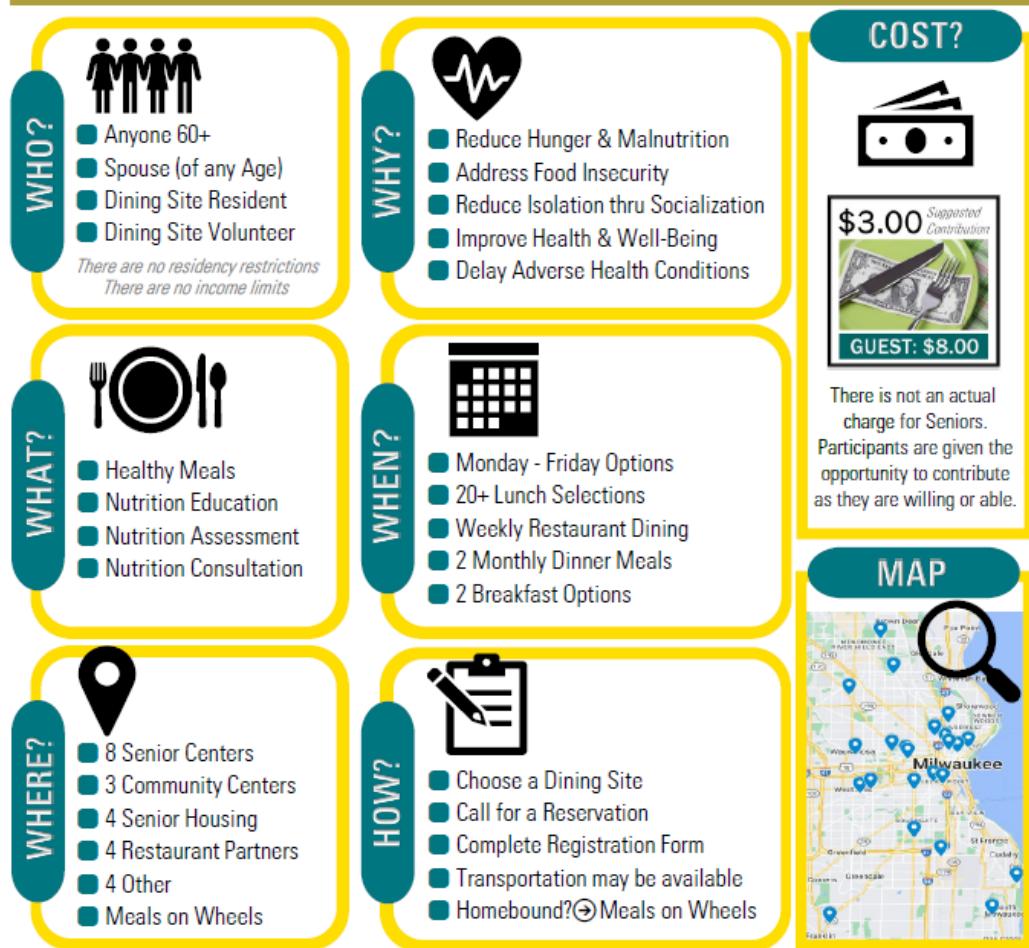


MILWAUKEE COUNTY SENIOR DINING

BACKGROUND

Primarily funded by Older Americans Act dollars, senior nutrition programs traditionally serve as gathering places for older adults (60+) to access nutritious meals and other vital services that strengthen social connections and promote health and well-being. While Covid forced the modification of our services from in-person dining to Curbside Pick-Up meals, options & offerings have continued to expand and enhance the experience. Excitement has been especially high around our award-winning Dine Out Restaurant partnership which adds convenience, flexibility and much needed diversity to the lineup.

Slowly but surely, sites are submitting their re-opening plans and transitioning back to in-person dining. Eventually we will all be back together again. In the meantime folks may have the option to select curbside pick-up meals from a site that continues to offer that service. We are committed to continuing these essential services while decreasing barriers to access, addressing gaps in service and introducing new & innovative solutions that keep us moving forward with satisfied customers.



Senior Dining

Explore Your Options

View Menus Online

- Website: county.milwaukee.gov/aging
- [find us on facebook.](#) Milwaukee County Aging Services

Senior Dining Office:

- ✉ SeniorDining@milwaukeecountywi.gov**
- ☎ (414) 289-6995**



**MILWAUKEE
COUNTY**

MILWAUKEE COUNTY SENIOR DINING

We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

SENIOR DINING SITES	ADDRESS	CITY	ZIP	PHONE
<input checked="" type="checkbox"/> CLINTON ROSE SENIOR CENTER	3045 N. Martin Luther King Drive	Milwaukee	53212	(414) 263-2255
<input checked="" type="checkbox"/> ELKS LODGE	5555 W. Good Hope Road	Milwaukee	53223	(414) 760-3195
<input checked="" type="checkbox"/> FRANKLIN CITY HALL	9229 W. Loomis Road	Franklin	53132	(414) 427-7696
<input checked="" type="checkbox"/> HART PARK SENIOR CENTER	7300 Chestnut Street	Wauwatosa	53213	(414) 257-3534
<input checked="" type="checkbox"/> INDIAN COUNCIL OF THE ELDERLY	944 N. 33 rd Street	Milwaukee	53208	(414) 933-1401
<input checked="" type="checkbox"/> MCGOVERN PARK SENIOR CENTER 	FLOODING IMPACT CLOSURE	ee	53218	(414) 527-0990
<input checked="" type="checkbox"/> MILWAUKEE COMMUNITY CROSSROADS	807 S. 14 th Street	Milwaukee	53204	(414) 902-5384
<input checked="" type="checkbox"/> MUSLIM COMMUNITY & HEALTH CENTER	803 W. Layton Avenue	Milwaukee	53221	(414) 552-3337
<input checked="" type="checkbox"/> UNITED COMMUNITY CENTER	730 W. Washington Street	Milwaukee	53204	(414) 649-2807
<input checked="" type="checkbox"/> WARNIMONT/KELLY SENIOR CENTER	6100 S. Lake Drive	Cudahy	53110	(414) 481-9611
<input checked="" type="checkbox"/> WASHINGTON PARK SENIOR CENTER	4420 W. Vliet Street	Milwaukee	53208	(414) 933-2332
<input checked="" type="checkbox"/> WEST ALLIS SENIOR CENTER	7001 W. National Avenue	West Allis	53214	(414) 302-8703
<input checked="" type="checkbox"/> WILSON PARK SENIOR CENTER	2601 W. Howard Avenue	Milwaukee	53221	(414) 282-3284

DINE-OUT SITES	ADDRESS	CITY	ZIP	PHONE
<input checked="" type="checkbox"/> DADDY'S Soul Food & Grille	754 N. 27 th Street	Milwaukee	53208	(414) 391-9009
<input checked="" type="checkbox"/> ORENDA Café	3514 W. National Avenue	Milwaukee	53215	(414) 391-9009
<input checked="" type="checkbox"/> RISE & GRIND Café	2737 N. MLK Drive	Milwaukee	53212	(414) 391-9009

KEY

-  CURBSIDE PICK-UP/Grab & Go
- IN-PERSON Dining



GETTING STARTED:

- 1 Choose Site
- 2 Make Reservation (If required)
- 3 Submit Registration Form



2/1/2026

MILWAUKEE COUNTY SENIOR DINING

WASHINGTON PARK

4420 W. VLIET STREET



(414) 933-2332



11:30 FOR IN-PERSON DINING

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Cordon Bleu Rice Carrot Coins Cran-Apple Juice Dessert Bar Fruit	Meatball Sub Italian Sauce Rotini Pasta Corn Granny Smith Apple	Baked Ziti & Meat Sauce Italian Vegetables Romaine Salad/Italian Cinnamon Apples Raisins	Peachy Pork Roast Brown Rice Braised Cabbage Grape Juice Pineapple & Mandarin	Stuffed Pepper Casserole Chef's Vegetables Glazed Beets Fruit Punch Banana Bread
Sloppy Joe/Bun Dilly Potatoes Roasted Vegetables Pea & Cheese Salad Rosy Pears	Chicken Parmesan Marinara Sauce Bowtie Pasta Sicilian Vegetables Apple Juice	Sliced Turkey Gravy Mashed Potatoes Winter Squash Dinner Roll Fruit Cocktail	Sliced Tomato Baby Baker Potatoes Steamed Vegetables Rice Krispie Treat Fruit	White Chicken Chili Cilantro Rice Succotash Tortilla Chips Chilled Peaches
CLOSED	16	17	18	19
	Roast Beef/Gravy Baked Potato Casserole Creamy Green Beans Biscuit Baker's Choice Fruit	Fish Filet w/Cheese Whole Wheat Bun Roasted Potatoes Baby Carrots Coleslaw Fresh Orange	Chicken Stroganoff Egg Noodles Country Vegetables Romaine Salad/French Fruited Jello	Brunch for Lunch Scrambled Eggs Hashbrowns Sautéed Veggies Orange Juice Blueberry Muffin
Italian Sausage/Bun Peppers & Onions Marinara Sauce Egg Noodles Broccoli & Cauliflower Tangerine	Honey-Baked Ham German Potato Salad Baked Beans Dinner Roll Tropical Fruit Cocktail	Meatloaf Gravy Mashed Potatoes Sautéed Spinach Carrot Raisin Salad Banana	Asian Chicken Salad Greens, Chicken, Almonds Mandarin, Crispy Noodles Hawaiian Dinner Roll Grape Juice Fruited Yogurt	Seafood Penne Alfredo Brussels Sprouts Stewed Tomatoes Apple Juice Pear & Grape Salad



Reservations
Required



= Healthier Dessert

find us on  facebook

* Menu subject to change without notice

Suggested Contribution

60+

\$3.00

Have you heard about this?



This exciting program expansion for those 60+ adds local restaurants to enhance our list of Senior Dining offerings. Diners choose from delicious and culturally-diverse options while supporting minority-owned restaurants.

MONDAY



BREAKFAST

2737 N. MLK Drive

9:00AM - 11:00AM

TUESDAY



LUNCH

754 N. 27th Street

11:00AM - 1:00PM

WEDNESDAY



BREAKFAST

3514 W. National Avenue

8:00AM - 10:00AM

PARTICIPATION DETAILS

- 1 For 60+. No Reservations. First Come-First Served.
(Arrive during the scheduled time on the designated day)
- 2 Current Senior Dining Registration Required
(For anyone 60 or older—Provide proof of age)
- 3 Select from Specific Menu Options
- 4 Enjoy Your Meal!
- 5 Please Consider Making a Contribution
(Contribute what you can. Cash or Check accepted)



Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.



Open for Senior Dining

Tuesdays 11:00 AM - 1:00 PM
754 N. 27th Street Milwaukee 53208

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & Two Sides

Other Menu Items for **Full Price**

Enjoy Meal!

ENTRÉE

Select One:

- Baked Chicken
- Fried Chicken
- Catfish

(Each Entrée served with:
Dinner Roll, Fruit, Milk or Water)

SIDES

Select Two:

- Sweet Potatoes
- Mac & Cheese
- Black-Eyed Peas
- Smoked Turkey Greens
- Green Beans & Potatoes



Meals on Wheels

Homebound?
Unable to dine with us?

Ask about Meals on Wheels

(414) 289-6874

- Hot, nutritious meals delivered to your home.
- Meals delivered Monday through Friday
- For homebound older adults who are unable to cook for themselves.
- There is no cost but there is a suggested contribution.
- Provides nutrition as well as connection to those who are isolated.



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

Meals on Wheels

The Meals on Wheels program promotes independent living for homebound older adults through the delivery of a hot, nutritious meal Monday through Friday. We are committed to helping older adults live healthier and more nourished lives in their own homes. A suggested contribution of \$3 per meal is appreciated to offset the cost of the program. If you, or someone you know could benefit from having meals delivered, please call the Aging & Disability Resource Center at (414) 289-6874 to request an assessment.

To be eligible you must be:

- 60 or older
- A Milwaukee County resident
- Homebound
- Unable physically or cognitively to prepare your own meals



To register call (414) 289-6874



2025-2027 Goal	SMART Measure
Increase service to Hispanic/Latino and Asian older adults by partnering with Hispanic and Asian-owned restaurants for the Dine Out program.	By 2027, service to Hispanic/Latino and Asian older adults with increase by 10 percent.
Expand work in addressing malnutrition in Milwaukee County older adults by having a Registered Dietitian meet with participants in Milwaukee County-owned Senior Centers to address nutrition, food security, and other nutrition-related concerns.	By 2027, a RD will meet with participants in Milwaukee County-owned Senior Centers on a quarterly basis, at least, to address malnutrition. Participants will be administered a post-meeting survey to determine their likelihood of implementing the RD's recommended actions and whether they are interested in follow-up meetings to track success of interventions.
Increase awareness in nutritional health outcomes related to diet by providing nutrition education through the use of demonstration kitchens.	By 2027, demonstration kitchens will be used, at minimum, once per quarter to provide nutrition education. Participants will be administered a pre and post-demonstration survey. Pre-demonstration survey questions will assess current aptitude for cooking at home, familiarity with healthy recipes and varied cooking techniques, and interest in replicating recipes at home. Post-demonstration survey questions will include likelihood of implementing methods at home, interest in additional demonstrations, and understanding of nutrition education.