

A Typical Menu

<i>Appetizer:</i>	Tuscan Bean Soup
<i>Entrée:</i>	Chicken Parmesan
<i>Sides:</i>	Rotini Pasta Tossed Salad Whole Wheat Bread
<i>Dessert:</i>	Fruit Compote
<i>Beverage:</i>	1% Milk Coffee/Tea

Each meal contains 3 oz. of protein, 2 servings of starch/grains, 3 servings of vegetables and fruits and 1 serving of low fat milk.

Menus are designed to meet the nutritional recommendations of the Dietary Guidelines for Americans. Fat and sodium are limited. All menus are reviewed by a registered dietitian to ensure nutritional requirements are met.

Meals are acceptable for most persons with diabetes, heart disease and hypertension.

Kosher and Islamic Halal meals are available at select locations.



The mission of the Baltimore County Department of Aging is to strengthen lives by connecting individuals to community resources, programs and services.



For more information on healthy eating, visit www.choosemyplate.gov.



County Executive Kevin Kamenetz
and the Baltimore County Council

Eating Together *in Baltimore County*



**Good Nutrition....
Good Friends!**

**Baltimore County
Department of Aging**



Nutrition Office

(410) 887-3052

nutrition@BaltimoreCountyMD.Gov



Eating Together Meals

The Eating Together Program is funded through the Older Americans Act and is a service of the Baltimore County Department of Aging.

Why Participate?

- ✓ Save shopping time and stretch your food dollar.
- ✓ Eat a variety of foods meeting 1/3 of your daily nutrition needs.
- ✓ Enjoy socializing with others.
- ✓ Receive nutrition screening during program registration.
- ✓ Participate in annual programs to improve your nutritional health and knowledge.



Are You Eligible to Participate?

The Eating Together Program is available for seniors who are 60 years of age and older, and their spouses of any age. There is no income requirement.



How Much Does It Cost?

A voluntary contribution is requested to help cover the cost of the meal. A system is in place to make certain that all contributions remain anonymous. Contributions help to keep the program viable. Individuals under 60 years of age may sign up for a meal but must pay the full cost for the meal.



Signing Up is Easy!

Step 1: Go to the location where you will be eating and complete a registration form. Check to see if the location offers mid-day or evening meals.

Step 2: Make your reservation(s) for the date(s) you want to eat.

Step 3: Come and enjoy a delicious meal in a fun setting.

That's all it takes! Since meals have to be ordered in advance, it is important to make your reservation as soon as you can.

Meal Locations

The Eating Together Program is offered at 20 senior centers and 15 community sites in Baltimore County. For a full list, visit www.baltimorecountymd.gov/eatingtogether.



**BCDA
Nutrition Office
410-887-3052**

In addition to healthy mid-day and evening meals, the Nutrition Office also assists with the distribution of 2-meal Shelf Stable meal boxes for emergency situations (such as inclement weather), Senior Farmers Market Coupons, nutrition education, volunteer training, site monitoring, ServSafe Training and policy development.