

## Contact Information

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906-228-6522

- **Lori Stephens-Brown**—  
CNS Director ext. 301
- **Deb St. Aubin**—CNS Office  
Coordinator ext. 302
- **Gretchen Paavola**—Food  
Services Manager ext. 303
- **Debbie Rekshan**—Administrative  
Assistant ext. 304

The Community Action Alger-Marquette Nutrition Program is funded by the Administration on Aging, Aging and Adult Services Agency, the Area Agency on Aging, and local funds.

**LIVE UNITED**



## Community Action Alger-Marquette

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1125 Commerce Drive  
Marquette, M 49855

Phone: 906-228-6522  
Fax: 888-906-7488



## Community Nutrition Services

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ALGER-MARQUETTE  
**COMMUNITY ACTION**  
HELPING PEOPLE • CHANGING LIVES



## Congregate Dining Program

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- Come enjoy a healthy, nutritionally balanced lunch at one of our thirteen congregate dining sites across Alger and Marquette counties.
- If you are age 60 years or older, or if you are the spouse of a person age 60 years or older, you qualify to attend any of our sites.
- Suggested donation – \$3.50
- Call 906-228-6522 ext. 302 to find the Dining Site nearest you and to make your reservation one day in advance.



## Commodity Supplemental Food Program (CSFP)

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- Works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA food
- Household income must be at or below 130% of the Federal Poverty Level
- Each food package is distributed once per month to a certain location to be picked up by the client
- CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the target population
- Food packages include a variety of foods, such as nonfat dry and ultra-high temperature fluid milk, juice, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables
- Call 906-228-6522 for an application or print out an application from [www.communityactionam.org](http://www.communityactionam.org)

## Meals on Wheels Program

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- A hot meal is delivered to seniors who are homebound and unable to prepare nutritious meals for themselves.
- To qualify, you must be homebound and 60 years of age or older.
- Suggested donation is \$3.50 per meal.
- In addition to providing healthy and well-balanced meals, the meal deliverers also provide an important service by checking on the homebound seniors when they deliver the meals.
- We can also provide meals for seniors who have been recently released from a hospital or nursing home.
- Call 906-228-6522 ext. 302 to see if you or your loved one qualifies.

