

Contact Information

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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.

Equal Opportunity Employer and Provider

LIVE UNITED



United Way Agency



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Community Nutrition Services



ALGER-MARQUETTE
COMMUNITY ACTION
HELPING PEOPLE • CHANGING LIVES

Congregate Dining Program

- Come enjoy a healthy, nutritionally balanced lunch at one of our twelve 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 is \$3.50 per meal.
- Check www.communityactionam.org or 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)

- 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 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.

Meals on Wheels Program

- 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.

