

Congregate Nutrition Services

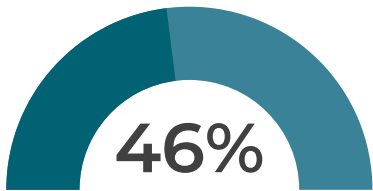
Congregate Nutrition Services provide healthy meals to older adults in group settings like senior centers, community centers, or faith-based organizations.

In addition to meals, many programs offer nutrition education and opportunities for social engagement, helping older adults maintain their independence and well-being.

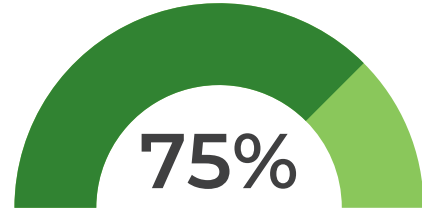


25,745,835

Congregate Meals served in
fiscal year 2024



of participants reported that
1 congregate meal
provides
one half or more
of their total food for the day.



of participants reported the
program helped them to
continue to **live independently**.



18,918,288

Americans aged 60 and
older live alone.

Congregate sites reflect the community by offering nutritious meals sourced by local providers.

- **Entry point for other services:** Congregate meal sites often offer additional programs such as health education programs, chronic disease management, and exercise classes.
- **Combats social isolation:** Congregate meal programs provide participants with opportunities for social engagement, preventing loneliness and its associated health risks.