

# C AAAA Position Statement

## **INCREASE FUNDING TO MEALS-ON-WHEELS AND CONGREGATE MEALS!**

### **THE PROBLEM:**

*STATE MATCH and STATE SUPPLEMENTAL FUNDS for home-delivered and congregate meal programs are provided through the “Elderly Services” line item of the Department of Social Services budget. These critical funds are inadequate to meet the growing demand in Connecticut, especially given anticipated reductions in federal funding through the NSIP program. Home-delivered meals are an essential support for frail, homebound elders. Each meal represents a vital source of balanced nutrition, a social connection with the delivery person, and an essential element of preventative health. Congregate meals have similar nutritional benefits. Research shows that frail, underweight individuals eat larger portions and more varied diets in group settings, and that overweight individuals tend to eat more moderately than they would at home. Most importantly, all attendees experience measurable psycho-social benefits from eating in a group setting.*

### **WHAT CAN LEGISLATORS DO?**

**SUPPORT**      additional State funding of at least \$500,000 to the Elderly Nutrition Program

### **THE RESULTS**

\*      *maintenance of a core program of support for older adults and their caregivers*

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