

Stretch Food Budget - Eat Lunch at Centers

In this tight economy, people over the age of 60 have less to worry about when it comes to their food choices. One very valuable advantage available to this age group is the meal program offered at senior community centers and centers for active living across the state and nation. The service is often overlooked or dismissed as a choice for many people because they mistakenly think they are not eligible.

Clearfield County is fortunate to have seven centers where meals are served. This service boasts high quality meals with great variety that could stretch food dollars immensely. For instance, eating a larger noontime meal at a center will give you the freedom to eat lighter meals for breakfast, supper, and snacks at home. The net effect is that your weekly food bill should be smaller since the need to buy higher priced proteins, fruits and vegetables has been diminished.

Any Clearfield County Resident over the age of 60, and their spouse, regardless of age, is welcome at the centers. Voluntary donations for the meals are encouraged, but not required. Guests and visitors under the age of 60 will be asked to pay a reasonable fee, which may vary by location. For folks who do not have the time, the stamina, the desire, or the resources to prepare nice meals for themselves at home, eating at centers can fill that gap for you. It is also a very real possibility for people who are still employed – you do not have to be retired to eat a meal at a center.

Weekly menus, listing what will be served each day at each center, are published in local newspapers. The menus are also posted for the entire month on the website hosted by the Clearfield County Area Agency on Aging, Inc. (www.ccaaa.net)

An added bonus is that while you are enjoying a nutritious noontime meal, you will also have a chance to meet and socialize with people. You may even see friends and neighbors that you haven't seen in a while. If you come early enough or stay after the meal is over, you will also have the

opportunity to participate in other activities and to hear some good educational programs. The centers offer a wide variety of programs and activities that you won't want to miss.

The Clearfield County Area Agency on Aging, Inc. urges you to consider the options noted here and make it a point to stop by the center closest to you very soon. Don't try to bear your economic burdens alone. Anyone interested in having lunch should make a reservation by calling the center of your choice the day before you plan to be there.

Programs and services such as these noontime meals are funded in part by the Pennsylvania Department of Aging, the Clearfield County Area Agency on Aging, Mature Resources Foundation, and local and client contributions. For more specific information, call the Agency at 1-800-225-8571 or one of the centers listed in below:

Clearfield Center for Active Living
814-765-9319
Monday through Friday

Houtzdale Family Services
814-378-5120
Monday through Thursday

Coalport Center for Active Living
814-672-3574
Monday through Friday

Karthaus Center for Active Living
814-263-7277
Monday, Wednesday, and Friday

DuBois Senior & Community Center
814-371-4000
Monday through Friday

Kylertown Center for Active Living
814-345-6338
Monday through Friday

Mahaffey Center for Active Living
814-277-4544
Monday through Thursday