

## **Old Town Road Dairy Becomes 4<sup>th</sup> SM<sup>@</sup>ART Dining Site**

The Clearfield County Area Agency on Aging, announces that a fourth locally-owned restaurant has joined the SM<sup>@</sup>ART Dining Program. Participants who have SM<sup>@</sup>ART cards can begin using them at Old Town Road Dairy as early as August 8, 2011.

LuAnn Ireland, owner of the dairy, has worked closely with SM<sup>@</sup>ART program nutritionist, Sue Kordish, to create combinations of foods that not only feature the restaurant's favorites, but also incorporate some new additions. Ireland created a lower-fat chili and a low sodium tuna salad recipe to offer more options for those on restricted diets. The pair adjusted calorie content in the lighter meals so that each of them leave room for a "Taste of Old Town" - a mini-scoop of any flavor hard or soft serve ice cream. The larger dinners do not include ice cream.

SM<sup>@</sup>ART Dining is a value-added nutrition service for people age 60 and over, made possible through an agreement between participating restaurants and the Clearfield County Area Agency on Aging, Inc. It is not a free or a discount program, and there are no income restrictions. It is a nutrition service created specifically to assure participants that the combinations of foods they order are lower in calories, fats and sodium, while at the same time higher in fiber, vitamins, and calcium. Portions are somewhat smaller than what the restaurant may usually serve. The service will help people comply with their diet restrictions or assist those who simply want to make healthier food choices while still dining at their favorite restaurants.

On August 15<sup>th</sup> at 4:00 PM, Clearfield County residents age 60 or over can attend a "Have One On Us" session at Old Town Road Dairy to learn how they can enroll in this nutrition program and to try a SM<sup>@</sup>ART meals. If you would like to attend the information session, call 765-2696 to make a reservation no later than Friday, August 12, 2011. There will be no charge for the experience. Everyone who attends will get a small gift, and anyone who actually enrolls that afternoon can choose one additional promotional item imprinted with the program logo.

For more information on SM<sup>@</sup>ART Dining, please visit [www.ccaaa.net](http://www.ccaaa.net) or call the Agency at 765-2696.

The SM<sup>@</sup>ART logo is a registered trademark in Pennsylvania and soon will have completed federal registration. SM<sup>@</sup>ART Dining is funded in part by the Pennsylvania Department of Aging and contributions from the diners themselves.