

SM[@]ART

SM[@]ART (Sharing Meals at Area Restaurants Together) is a new alternative to traditional senior center dining offered by the Clearfield County Area Agency on Aging, Inc. in partnership with locally owned restaurants. This unique program gives residents of Clearfield County over the age of 60 the opportunity to choose healthy, nutritious food combinations at several restaurants on days and at times that are convenient for them.

How are the meals funded? The meals are not “free.” Each SM[@]ART diner is expected to make a generous contribution toward the cost of meals. If the diner is not able to cover the full cost, then he should contribute as much as he can. It is important to note that the program will succeed *only* if diners recognize the value of the service and donate accordingly.

Are substitutions allowed? Several meals offer choices within them, but other substitutions are not permitted. Because this program is funded in part by the Pennsylvania Departments of Aging and Long Term Living, all SM[@]ART meals must meet all nutrient requirements of the state’s senior congregate nutrition program. A licensed dietitian has worked closely with the restaurant to insure all SM[@]ART meal combinations meet the state standards.

What if I want additional items? You may order additional items, such as soda or dessert, from the restaurant’s regular menu. However, those items must be paid for separately. Your SM[@]ART Dining Card can be used only for meal combinations on the SM[@]ART menu.

For more information, or to register for the SM[@]ART Dining Program, please contact the Clearfield County Area Agency on Aging, Inc. at 765-2696 or visit their website at www.ccaaa.net. Brochures are also available at the restaurant counter.



Enhancing Quality of Life

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SM[@]ART

Dining at

Old Town Road Dairy



SM[@]ART Sandwiches



Grilled Chicken & Swiss Sliders ~

Tender chicken breast, Swiss cheese, lettuce, & tomato on 2 Slider Buns. You also get a side salad with your choice of dressing. Finish with “A Taste of Old Town” mini-scoop of ice cream.

Cold Cut Sub ~

Your choice of ham, turkey, or a combo of both meats, cheese and veggies in a 6” sub roll. Enjoy a side of coleslaw or salad. Finish with “A Taste of Old Town” mini-scoop of ice cream.

Tuna Wrap ~

White Albacore Tuna Salad on a tortilla with cheese, lettuce, tomato. Served with a side of our coleslaw, and “A Taste of Old Town” mini-scoop of ice cream.

SM[@]ART Salads

Grilled Chicken Salad or Grilled Steak Salad ~

A traditional favorite...fresh greens topped with mozzarella cheese and loaded with veggies. Choice of dressing. Served with dinner roll, butter, and “A Taste of Old Town” mini-scoop of ice cream.

Chef Salad ~

The classic version. Greens and vegetables, topped with julienne turkey, ham, cheese, and hard cooked egg wedges. Includes dinner roll & butter, and a “Taste of Old Town” mini-scoop of ice cream.

Pasta Salad with Grilled Chicken ~

Penne pasta topped with fresh tomatoes, cucumbers, green peppers, onion, grilled chicken, and cheese. Served with choice of dressing, dinner roll, and a “Taste of Old Town” mini-scoop of ice cream.

All Meals Served with Choice of Coffee, Tea, or Iced Tea

SM[@]ART Dinners

Chicken Dinner ~

Tender grilled chicken breast, mashed potatoes, gravy, side salad with choice of dressing, dinner roll and butter.

Chicken & Waffles ~

Waffle topped with delicious white meat chicken in gravy, mashed potatoes, side salad with choice of dressing, dinner roll and butter.

Hot Roast Beef Sandwich ~

Thin sliced roast beef on bread, with gravy, mashed potatoes, side salad with your choice of dressing, roll and butter.

Italian Dinner ~

Pasta, sauce, 1 meatball, and shredded mozzarella/provolone cheese, served with a side salad and choice of dressing, dinner roll and butter.

SM[@]ART Specialties

Chili & Salad ~

Home-style chili, made with equal parts ground turkey and ground beef, topped with shredded cheddar cheese. Add a side salad, choice of dressing, roll and butter, and you’ll still have room for a “Taste of Old Town” mini-scoop of ice cream!

Baked Potato & Chili ~

Start with a reasonably-sized baked potato, top with some chili and cheese, kick in your side salad, roll and butter. This low calorie combo also comes with a “Taste of Old Town” mini-scoop of ice cream.

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All SM[@]ART Meal combinations have been approved by a Licensed Dietitian/Nutritionist and meet all requirements of Title III of the Older Americans Act.

Our nutritionist recommends you choose light or fat free dressings for salads, and Old Town Road Dairy’s ‘Reduced Fat, No Sugar Added’ Ice Cream