

KNOW SOMEONE WHO NEEDS...

HEALTHY, LOW-COST MEALS?

If you, or someone you know is 60 or older, nutritious meals are available to you at the locations listed here. Sites are open for lunch and many offer meals for special diets, including diabetic, renal, heart-healthy and low-sodium. Call sites for meal times, menus, special requests and transportation options. You will be asked for a small donation to help cover the cost of the meal, but no one will be turned away for inability or unwillingness to pay.



Please Present This Flyer at Any Site Listed Here:

If You Live in the Suburbs:

Oak Park Township Senior Services, Oak Park

130 South Oak Park Avenue
708-383-8060

PAV YMCA, Berwyn

2947 South Oak Park Avenue
708-749-0606

Brookfield Colgrass Café & Wellness Center, Brookfield

9022 West 31st Street
708-310-4434

Clyde Park District, Catholic Charities Lunch & More, Cicero

1909 South Laramie Avenue
708-652-3545

If You Live in the City:

Austin Satellite Senior Center

5071 West Congress Parkway
312-743-1538

Garfield Ridge Senior Satellite

5674B South Archer Avenue
312-745-4255

Kelvyn Park Satellite Senior Center

2715 N. Cicero Avenue
312-744-3799

This information is provided by:
AGE OPTIONS



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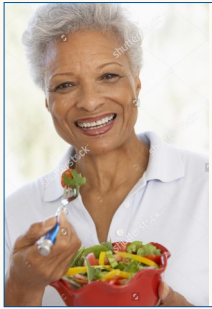
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KNOW SOMEONE WHO NEEDS...

HOME-DELIVERED MEALS?

Any one 60 years or older and unable to leave home or too frail to prepare a meal may qualify to receive healthy, freshly made meals delivered each weekday. Even those who live with a caregiver may qualify. Meals are planned by certified dietitians and can be made for special diets, including diabetic, renal, heart-healthy, low-sodium and others. You will be asked for a small donation to help cover the cost of the meal, but no one will be declined for inability or unwillingness to pay. To learn more, call this number:



1-800-699-9043

Mention Code "OPFP"

OR HELP BUYING GROCERIES?

Individuals and families whose incomes fall below certain levels are eligible to receive benefits through **SNAP** — the Supplemental Nutrition Assistance Program. Benefits can be used to purchase healthy food at participating local stores. Qualified Counselors are available to help you with the enrollment process. Just call the number on this page to speak with a counselor, see if you qualify or to enroll.

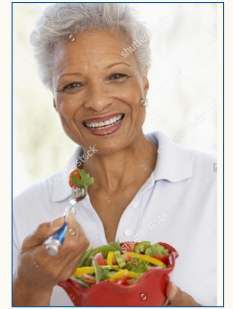
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