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## **FOR IMMEDIATE RELEASE**

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## **SENIOR NUTRITION PROGRAM 50TH ANNIVERSARY** ***Supporting nutrition services for older adults since 1972***

**Waterbury, Vermont**— This March, [the Department of Disabilities, Aging, and Independent Living](#) (DAIL) joins the [Administration for Community Living](#) (ACL), [Vermont's five Area Agencies on Aging](#) and nutrition service providers across the country in celebrating the 50<sup>th</sup> anniversary of the national Senior Nutrition Program.

Since 1972, the Senior Nutrition Program has supported nutrition services for older adults. Funded by the Older Americans Act, local senior nutrition programs, often senior centers, serve as hubs for adults age 60 and older to access nutritious meals and other vital services that strengthen social connections and promote good health.

Nutrition for older adults is now more important than ever. Each year in the U.S., up to half of adults 65 and older are at risk of malnutrition, and more than 10 million face hunger, according to ACL. Older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent. DAIL is proud to support the partnerships between Area Agencies on Aging, senior centers, nutrition providers, and volunteers who help older Vermonters gain access to nutritious food.

As part of the Senior Nutrition Program network, DAIL's partners help older Vermonters in our communities by promoting healthy eating, decreasing social isolation, and improving health. The program also provides connections to home and community-based services that can support independence and overall well-being. The Senior Nutrition Program has been flexible and responsive to meeting the needs of older adults during the COVID-19 pandemic. This past year over 1 million meals were either home delivered or served safely as grab-and-go across the state.

For 50 years, senior nutrition services have helped create healthy, strong communities where everyone can flourish regardless of their age. ***That's why we proudly recognize this milestone anniversary of the national Senior Nutrition Program and its tremendous impact on the health and well-being of older adults in our community.*** Join us in celebrating older Vermonters, our programs, and our communities. Together, we look forward to another 50 years and beyond!

Learn more about programs and services and how you can support good nutrition for older Vermonters by contacting Vermont's Agencies on Aging Helpline at 800-642-5119.

***About the Department of Disabilities, Aging & Independent Living (DAIL):***

*Our mission is to make Vermont the best state in which to grow old or to live with a disability - with dignity, respect and independence.*

<http://dail.vermont.gov/>

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