

## Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods.



## Serving in Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties



### Central Illinois Agency on Aging, Inc.

700 Hamilton Blvd  
Peoria, Illinois 61603

Phone: 309-674-2071  
Fax: 309-671-3639  
Toll Free: 877-777-2422



Central Illinois Agency on Aging, Inc. does not discriminate in admission to programs or activities to treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (Voice & TDD), or Keith Rider, President/CEO, Central Illinois Agency on Aging, Inc.

## Central Illinois Agency on Aging

## Nutrition Program Information and Nutrition sites



## Congregate and Home Delivered Meal Programs

**GOOD FUN!**

**GOOD FOOD!**

**GOOD FRIENDS!**

Senior Meal Sites are in all six counties covered by Central Illinois Agency on Aging.

A hot, nutritious, well balanced meal is served to seniors age 60 and over for a donation.



Suggested donation amounts vary by program and area for congregate and home delivered meals.

To make a reservation at a local site call :

**FOOD AND FELLOWSHIP  
(FULTON COUNTY)**

Contact Lorie Pence 309-674-2071  
Email: [lpence@ciao.net](mailto:lpence@ciao.net)

**MARSHALL/STARK/ WOODFORD**

Contact: Traci Dowell 309-364-2287  
Email: [tracimswprojects@gmail.com](mailto:tracimswprojects@gmail.com)

**FOOD AND FELLOWSHIP CAFÉ  
(congregate meals only-City of Peoria)**

Contact: Lorie Pence 309-674-2071  
Email: [lpence@ciao.net](mailto:lpence@ciao.net)

**TAZEWELL COUNTY SENIOR  
MEALS (congregate & home delivered)**

Contact : Brent Oest 309-674-1131  
Email: [Brento@NHPeoria.org](mailto:Brento@NHPeoria.org)

**RURAL PEORIA COUNTY (home  
delivered only)**

Contact: Brent Oest 309-674-1131  
Email: [Brento@NHPeoria.org](mailto:Brento@NHPeoria.org)

**CITY OF PEORIA  
(home delivered meals only)**

Contact: Brent Oest 309-674-1131  
Email: [Brento@NHPeoria.org](mailto:Brento@NHPeoria.org)

**RURAL PEORIA COUNTY  
(congregate only)**

Contact: Beth Stalker 309-674-2071  
Email: [bstalker@ciao.net](mailto:bstalker@ciao.net)



Drink water instead  
of sugary drinks

Cut back on sodium  
and empty calories



Be physically active in your own way-  
pick activities that you like to do



Enjoy your food but eat less!



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Agency on Aging, Inc.**