

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

700 Hamilton Blvd
Peoria, Illinois 61603

Phone: 309-674-2071

Fax: 309-671-3639

Toll Free: 877-777-2422



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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: Wayne Heinemann
309-706-5663
Email: wheinemann@ciaoa.net

MARSHALL/STARK/ WOODFORD

Contact: Traci Dowell 309-364-2287
Email: tracimswprojects@gmail.com

FOOD AND FELLOWSHIP CAFÉ
congregate meals only-City of Peoria

Contact: Wayne Heinemann 309-706-5663
Email: wheinemann@ciaoa.net

TAZEWELL COUNTY SENIOR MEALS (congregate & home delivered)

Contact : Manda Brown 309-674-1131
Email: mandab@NHPeoria.org

RURAL PEORIA COUNTY (home delivered only)

Contact: Manda Brown 309-674-1131
Email: mandb@NHPeoria.org

CITY OF PEORIA
(home delivered meals only)

Contact: Manda Brown 309-674-1131
Email: mandab@NHPeoria.org

RURAL PEORIA COUNTY
(congregate only)

Contact: Beth Stalker 309-674-2071
Email: bstalker@ciaoa.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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