



**MONTCO SAAC**  
**SENIOR NUTRITION PROGRAM**

**LOCAL FOOD ALLIANCES PANEL**

# MONTCO SAAC

- The Senior Adult Activities Center of Montgomery County
  - 2 senior centers (Ambler and Norristown)
  - 3 Meals on Wheels programs (Ambler, Glenside and Norristown)
  - The Art Center at Ambler
- Started in 1965 as a senior nutrition program
- Empower people to be engaged and independent as they age



# SENIOR NUTRITION PROGRAM

- Nutrition education
- Food pantry
- CSFP boxes
- SNAP applications
- Meals on Wheels
- Congregate lunch
- SFMNP vouchers
- Nutrition screenings
- Recipe demonstrations



# BY THE NUMBERS



- 148,337 meals delivered (2015/2016)
- 350 seniors served every day
- 220,013 volunteer hours (2015/2016)
- Countless birthday cards, safety checks and friendly visits from staff and volunteers
- Over 15,000 congregate lunches served (2015/2016)



# WHAT A WASTE™

- National Foundation to End Senior Hunger (NFESH)
- Baseline period July-October, 2016
  - Waste
  - Cost
  - Ordering
  - Attendance Data
- Recommendations
- Analysis



# NEW INITIATIVES

- The Montco SAAC Farm Stand
- Compost
- Accessible gardens
- Cooking classes
- Cookbook club



# WAW RESULTS



- Reduced pan waste (-19%)
- Reduced plate waste (-13%)
- Improved nutrient intake
- Reduced costs (-18%)
- Increased ecological and economic sustainability
- Started a conversation

# THANK YOU

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