

A local senior nutrition program needs your help!

**Give time. Give talent.
Give back.**



Senior nutrition programs serve nearly **1 million meals** every day in communities across the country.

As a volunteer, you can:

- ✓ *Help fight hunger, malnutrition, and social isolation.*
- ✓ *Make a difference in the lives of older adults.*
- ✓ *Grow and sharpen your skills.*
- ✓ *Support your own health, socialize, and have fun!*



Contact a local program today:
eldercare.acl.gov or 1-800-677-1116