The goal of senior meals is to keep people as healthy as possible, so they can be self-reliant and engaged in their community.

Nutrition is a huge part of that! (Remember, so is being physically active... For ideas, visit fitness.gov)

For more information, contact Division of Senior & Disabilities Services’ Grant Services Unit

www.hss.state.ak.us/dsds/grantservices

907-465-3372
Toll free: 866-465-3165

ALASKA’S SENIOR NUTRITION PROGRAM

AOA

State of Alaska Department of Health & Social Services
William J. Streur, Commissioner
Sean Parnell, Governor

SDS

Alaska Division of Seniors and Disabilities Services
New menu guidelines were updated with new dietary information in 2010. In 2011, we will start adding **DASH** meals.

**What does a DASH meal look like?**

Meals will have a little less meat, more fruits and vegetables, & more whole grains and nuts.

Both congregate & home-delivered meals will get these healthy upgrades.

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**Why are servings in senior meals the size they are?**

Serving sizes & menus are set based on national nutrition standards for healthy meals.

Senior nutrition programs are funded by state, federal, local grants, and your donations.

This funding is given to provide healthy meals to seniors – so we have to spend it on the healthiest food available, in healthy portion sizes.

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**Why can’t I have different foods?**

Serving sizes & menus are set based on national nutrition standards for healthy meals.

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**DASH stands for**

- **D**ietary
- **A**pproaches to
- **S**top
- **H**ypertension

Seniors eating a DASH diet have seen wonderful health improvements –
- lower blood pressure,
- reduced cholesterol,
- improved insulin sensitivity

For details on DASH, visit [www.tinyurl.com/dashhealth](http://www.tinyurl.com/dashhealth)

For DASH recipes, visit [www.tinyurl.com/dashrecipes](http://www.tinyurl.com/dashrecipes)