

The Area Agency on Aging 3 is seeking local restaurants with dine in service to participate in the Senior Dining Program a congregate meal alternative funded by the Older Americans Act for 2012-2014. We are looking for 10 restaurants in Allen County, 10 in Hancock County, 8 in Putnam County, and 8 in Van Wert County. The restaurants must be willing to work with the agency dietitian to establish a menu from their main menu for seniors that is nutritious and meets program guidelines. Eligible seniors will receive vouchers to use at participating restaurants. The restaurant will be reimbursed a set amount for each voucher redeemed for a meal. The restaurant can agree to offer breakfast, lunch, and/or dinner meals to Senior Dining Participants. This is a great way to get involved in the community, promote good nutrition, and prevent isolation in older adults. For more information call Rhonda Davisson at 419-879-1371 or go to [www.aaa3.org](http://www.aaa3.org) under the provider tab for the application and instructions. Applications must be received by October 10, 2011 by noon.

**To Apply to become a Senior Dining Program Restaurant– please proceed to the next page, print and complete each section with attachments. Please send an email to [rdavisson@psa3.org](mailto:rdavisson@psa3.org) and let Rhonda know you are interested and she is available for questions. THANK YOU!**

Complete the following highlighted information and send to Rhonda Davisson at [rdavisson@psa3.org](mailto:rdavisson@psa3.org) or to Area Agency on Aging, 3, Attn: Rhonda Davisson, 200 E. High St. 2<sup>nd</sup> Floor, Lima, Ohio 45801. Deadline is October 10, 2011.

Name of Restaurant: \_\_\_\_\_

Name of Owner/manager/contact: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Cell Number: \_\_\_\_\_

Email address: \_\_\_\_\_

Restaurant hours: \_\_\_\_\_

\_\_\_\_ Copy of Food service License (attach)

\_\_\_\_ Copy of last health department report (attach)

\_\_\_\_ Copy of restaurant menu

The Senior Dining Program allows seniors age 60 or older to apply to receive 4 vouchers a month to go to participating restaurants to get a well balanced hot meal while dining in a local restaurant in the community. Not take out is permitted. There is always a waiting list for this service so priority service is given to those based on age, income, minority status, living alone, and nutrition risk. It is offered in Allen, Hancock, Putnam, and Van Wert counties where congregate mealsites/luncheon cafes were not as successful in meeting the needs of the seniors.

---

**Menu:** In order to meet the menu guidelines for the program you must follow this pattern set by the Ohio Department of Aging to meet the Older Americans Act guidelines:

**Breakfast:** 1-2 oz meat, 2- ½ c servings of fruits/vegetable, 2 servings of bread, 1 serving of milk (1 c Milk or 6 oz Yogurt), accompaniments, and dessert optional, plus a beverage

**Lunch and Dinner:** 2-3 oz of meat, 3-1/2c. servings of fruits/vegetable, 2 servings of bread, 1 serving of milk, accompaniments, and dessert optional, plus a beverage

Note:

\*Potatoes are a vegetable, milk has to be offered but most do not choose it, and healthier choices like baked, broiled, roasted, and grilled meats, less cheese added, and lower sodium are preferred if at all possible due to the population we serve.

\*\*Also, some restaurants give bigger portions than required and that is ok but smaller portions are not due to required menu guidelines.

Here are some examples of how you can plug in your menu items to meet the guidelines:

## BREAKFAST

**Senior Breakfast-** one egg cooked to order, choice of sausage link or patty, ½ c. hashbrowns, 2 sl. Toast or 1 sl toast and ½ c. oatmeal, ½ c. choice of fruit or orange juice, and choice of beverage

**Pancakes Breakfast-** Two small fluffy pancakes or one large pancake, reg or diet syrup, two sausage patties, ½ c. hashbrowns, ½ c. choice of fruit or Orange Juice, and choice of beverage. Could use French toast too.

**Breakfast Sandwich**—One egg and sausage patty on 2 sl. toast, ½ c. hashbrowns, ½ c. choice of fruit or Orange Juice, and choice of beverage.

## LUNCH and DINNER Meal Patterns

### **Meat/Potato/Vegetable Meal served with a beverage**

(2 oz. Meat, choice of ½ c. Potato, and choice of ½ c. Vegetable or ½ c. Fruit, Dinner Roll or bread and Butter/margarine)

### **Sandwich Special served with a beverage**

(2 oz. meat or cheese on a bun or tortilla for a rollup or 2 pieces of bread with a choice of 2 ( ¾ c. Veggies, ¾ c. Potato, 1 c. salad, 1 c of Soup, and ¾ c. Fruit) **or** choice of 3 ( ½ c. veggies, ½ c. potato, 1 cup salad, ¾ c. soup ½ c. fruit)

### **Casserole Special with a beverage**

(1 cup casserole, choice of ½ c. Vegetable or Potato or 1 c. side salad, ½ c Fruit, Dinner Roll or bread, Butter/margarine)

### **Salad meal with a beverage**

(1 cup salad greens, 2-3 oz meat/cheese, ½ c veggies on salad (tomatoes, cucumbers, onions, etc), 2 of the following: 1 oz. croutons, 4-6 crackers, 1 breadstick, 1 2.5inch Biscuit, or 1 dinner roll, ½ c. fruit, and 2 Tbsp Salad Dressing and Butter/margarine if needed.

## **BEVERAGES**

Milk, Coffee, Iced Tea, Lemonade, Hot Tea, Juices, and Soda Pop

**Milk is the preferred drink for strong bones.**

---

**What meals are you willing to offer to the Senior Dining Program participants?**

**\_\_\_\_\_ Breakfast    \_\_\_\_\_ Lunch    \_\_\_\_\_ Dinner**

**\_\_\_\_\_ Please submit sample menus from your original menu that meet the above criteria and you would be willing to offer.**

**\*\*\*\*Don't worry if it isn't perfect, the agency dietitian will work with you to ensure guidelines are met. Once a menu is agreed upon, the agency dietitian will have a special menus made for your restaurant to use with the Senior Dining Program participants and it will be laminated.**

**Price per meal bid:**

**Breakfast: Highest bid accepted - \$4.55    Your Bid: \$\_\_\_\_\_**

**Lunch/Dinner: Highest bid accepted - \$6.30    Your Bid: \$\_\_\_\_\_**

The Area Agency on Aging 3 Dietitian will schedule a visit to all new restaurant applicants to ensure handicap access to the facility and bathrooms. If more applicants are received than 10 for Allen County, 10 for Hancock County, 8 for Putnam County, and 8 for Van Wert County, the following items will be used to determine the restaurants to participate starting January 1, 2012:

Price, facility accessibility, and number of menu items and meals offered.