

#### Menus

Monthly menus can be found at www.weldaaa.org. Menus include daily nutritionals. If you would prefer a printed copy mailed to you, please call (970) 400-6120.

## **Nutrition Education/Counseling**

A registered dietitian is available to discuss any nutrition questions by calling (970) 400-6118.

# Volunteers

The success of the Friendly Fork program relies heavily on the dedication of its volunteers. All volunteers are trained by both the Weld County Area Agency on Aging and the Weld County Department of Public Health and Environment.

If you are interested in volunteering, see the reverse panel for the phone number for your designated site or email friendlyfork@weldgov.com.

#### For more information about the Friendly Fork, please contact us at:

Friendly Fork voicemail: (970) 400-6955

Friendly Fork supervisor: (970) 400-6132

Email: friendlyfork@weldgov.com



Weld County Area Agency on Aging

Friendly Fork (Senior Nutrition)

315 North 11th Avenue, Building C Greeley, CO 80631

> Phone: (970) 400-6950 Fax: (970) 400-6951

> > www.weldaaa.org







Weld County Area Agency on Aging Assistance • Advocacy • Answers on Aging

# Friendly Fork Senior Nutrition

Providing nutritional, social and educational services for Weld County older adults



#### Friendly Fork (Senior Nutrition)

The Senior Nutrition program, also known as the Friendly Fork, provides nutritious and delicious lunches for older adults served at 23 sites throughout Weld County. Each meal meets 33 <sup>1</sup>/<sub>3</sub> percent of the daily recommended dietary allowance. Social and educational opportunities are also available before and after meals. Come join us for lunch!

# Eligibility

- If you are at least 60 years of age; or
- If you are a spouse of a person at least 60 years of age; or
- If you are under the age of 60 and are currently residing in a subsidized housing complex that offers a Friendly Fork meal.
- If you do not meet the above requirements, you are welcome to attend but must pay the guest fee to cover the cost of the lunch. The guest fee is posted at each site.





### Contributions

Participants have the opportunity to contribute towards their meal. The suggested donation is posted at each meal site. Services are not denied to eligible participants who are unable to make a donation.

For participant convenience, Friendly Fork meal tickets are available and are offered for a suggested donation. These tickets may be used at any of the Weld County Friendly Fork meal sites.

#### Reservations

Reservations and cancellations are required and must be made in advance by 11:00 a.m. the previous business day. See the next panel for site listings and phone numbers for each designated site.

Reservations may also be made by calling the Friendly Fork voicemail at (970) 400-6955 or emailing friendlyfork@weldgov.com.

### **Meal Sites**

Meals are provided at various locations throughout Weld County. See below for site listings, including days and times served. Site addresses can be found at www.weldaaa.org.

Site	Phone Number	Schedule
Birchwood	(970) 400-6955	M,W,F @ 11:30
Broadview	(970) 400-6955	T,Th @ 11:30
Carbon Valley	(303) 833-3660	T,Th @ 12:00
Eaton	(970) 454-1070	W @ 12:00
Erie	(303) 926-2795	Th @ 12:15
Evans	(970) 475-1132	T,F @ 11:15
Fort Lupton	(303) 857-4200 x6166	M @ 12:15
Greeley Active Adult Center	(970) 350-9440	M,W @ 11:30
Greeley Manor	(970) 400-6955	M,W,F @ 11:30
Greeley Senior Housing	(970) 395-0822	M,Th @ 11:45
Hill-N-Park	(970) 330-8619	W @ 11:30
Johnstown	(970) 587-5251	W @ 12:15
Kersey	(970) 352-8394	T,Th @ 11:30
LaSalle	(970) 284-0900	T @ 11:00
Lochbuie	(303) 659-8262	T @ 12:15
Mead	(970) 535-4477	Th @ 11:45
Milliken	(970) 660-5040	M,F@11:00
Nunn	(970) 897-2459	Th @ 11:45
Pierce	(970) 834-2655	Th @ 11:30
Platteville	(720) 815-8136	M,F@12:00
Rodarte Center	(970) 400-6955	Th @ 11:15
Wattenberg	(970) 400-6955	T @ 12:00
Windsor	(970) 674-3500	M,T,W,F @ 11:15