

Coastline Congregate Dining Program

Have you heard of the Congregate Dining Program offered at your local Council on Aging? The **Congregate Dining Program** offered by **Coastline** provides a unique opportunity to enjoy a nutritious meal while socializing with friends and neighbors at various Councils on Aging throughout the greater New Bedford area. If you are unable to prepare a nutritious meal at home, consider signing up for home delivered meals. Read the highlighted information below to learn more about the Congregate Dining Program offered through Coastline.

- Meals provided by Coastline must provide 1/3 of the Recommended Dietary Allowances.
- The menu is developed by a Registered Dietitian Nutritionist.
- Nutrition information on the menu includes the entrée (protein, starch, and vegetable), dessert, milk, bread and margarine. The sodium level of each food item is listed on the menu.
- Meals must serve good sources of vitamin C daily and vitamin A three days a week.
- Table salt is **not** added to the meals. Some meals may be higher in sodium when the meal is prepared with ingredients that are naturally high in salt such as cheese.
- For the home delivered meal program, special meals are available including diabetic, renal, puree, and kosher.
- The CESI nutrition staff works closely with our caterer to ensure both consumer satisfaction and the nutrition standards set by the Massachusetts Executive Office of Elder Affairs are achieved.



What else is new?

Check out our “Catch of the Day” meal! Come see what our fishermen are catching this week!



Ethnic Tuesdays. Enjoy a tasty meal that celebrates the diverse cultures in our area.

