

PEACE MEAL

Senior Nutrition Program

Central Office: 915 Lincoln Ave. • Charleston, IL 61920

1-800-543-1770 or (217) 345-1800

peacemeal@sblhs.org

<https://www.sarahbush.org/peacemeal/>

Peace Meal Senior Nutrition Program provides congregate and home delivered meals to seniors in a fourteen county region.

Established in 1974, Peace Meal improves the nutritional status of older adults through the provision of meals, nutrition assessment, nutrition education, food safety instruction and information about other community services.

Mission:

Peace Meal Senior Nutrition Program's mission is to provide quality meals for healthier lives. We help seniors improve their nutrition, sustain their independence and enhance the quality of their life by providing meals, fellowship and connections to other needed services.

Vision:

Peace Meal's vision is to be a leader in cultivating and promoting healthy and independent lifestyles for seniors.

Eligibility:

Anyone age 60 or older, with spouse regardless of age, is eligible to participate in Peace Meal.

Cost:

Peace Meal requests a donation of \$3.50 per meal. Participants are encouraged to contribute as they are able but no one will be turned away based on an inability to donate.

Meals:

The fresh meal we serve contains 1/3 of the recommended nutrients for older adults. Careful consideration is given to sodium, cholesterol and sugar content. Menus are approved by a Registered Dietitian.

Congregate meals:

Noon meals are served at a variety of community locations throughout the fourteen county region. Many communities offer transportation to the site. Health and nutrition topics are presented.

Home Delivered Meals:

Meals are available to those who are unable to attend a nutrition site. An assessment is made by a qualified staff person. Meals are available on a temporary or long term basis. Not only will clients receive a meal, but they will also have daily contact with a driver.

Fellowship:

Clients have opportunity to share a meal with other members of their community. To many this is even more important than the meal they have each day. It is a chance to meet new people or catch up with old friends.

Other Services:

Peace Meal clients can also receive nutrition assessment, nutrition education, food safety training, and information about other community services.

Locations:

Meals are served throughout our fourteen county regions. Counties served include Champaign, Clark, Coles, Cumberland, Dewitt, Douglas, Edgar, Ford, Iroquois, Livingston, McLean, Moultrie, Piatt and Shelby. For a list of our sites, please see our [Site Locator page](#).

Funding:

Peace Meal was created in 1974 as a result of the Older Americans Act. While partial funding is received from Older Americans Act and Illinois General Revenue Funds, the majority of funds are raised through the generosity of communities and individuals, and the suggested contribution received from clients.

Contact Us

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Fax: (217) 345-1809

