

# Peace Meal

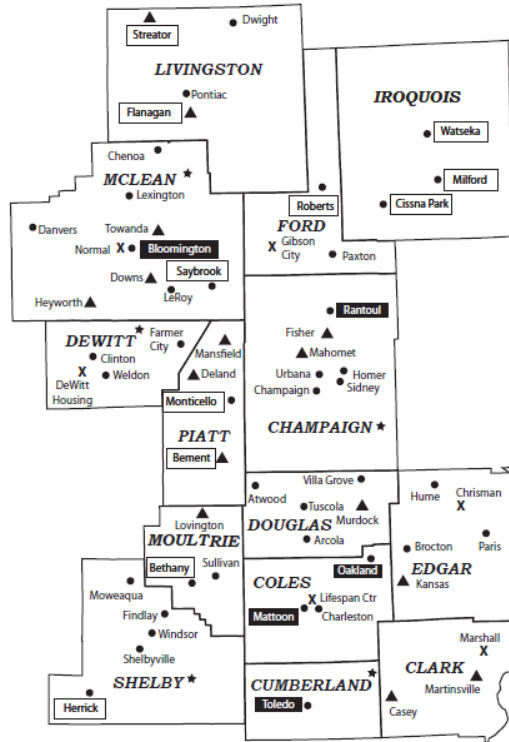
# Senior Nutrition Program

September 13, 2021



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## Peace Meal Operations Map



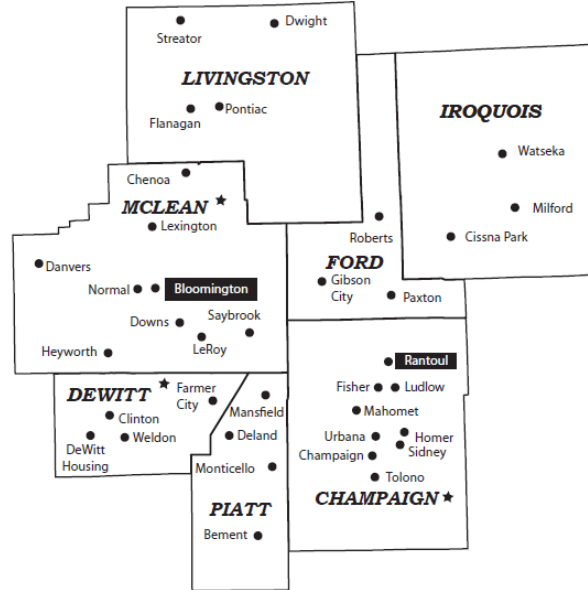
★ Rural routes for home-delivered meals (Cumberland, Champaign, DeWitt, Shelby and SW McLean counties)

● Both home-delivered and congregate  
 X Congregate only sites  
 ▲ Home-delivered only routes

Central Kitchen

Restaurant/Catered Site

## Senior Nutrition Program Sites



Central Kitchen See site listing for additional detail.

★ Rural routes operating in Champaign and McLean counties provide home-delivered meals.

# Purpose:

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The mission of Peace Meal is to provide quality meals for healthier lives. But we do so much more...

- Help seniors improve their nutrition (provide meals)
- Sustain the clients independence (institute safety and wellness checks and connect with local resources)
- Enhance the quality of their life (encourage socialization – at home or at congregate sites)

# Our Why

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- Mission
- Social Determinants of Health
  - Food Insecurity
  - Social Isolation
- Sister's supports this program and anticipates Peace Meal growing throughout our communities.



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# Peace Meal Eligibility

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- **Eligibility:** Anyone age 60 or older, with spouse regardless of age, is eligible to participate in Peace Meal.
- **Cost:** Peace Meal requests a suggested donation of \$3.50 per meal (\$70/month). Participants are encouraged to contribute as they are able but no one will be turned away based on an inability to donate.
- **Meals:**
  - **Congregate meals:** *Paused due to COVID* Noon meals are served at a variety of community locations throughout the 7 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.
- **Menu:** Five days per week a fresh meal consisting of 1/3 of the dietary reference intakes for older adults will be delivered to eligible persons age 60 or older who are homebound by reason of illness, incapacitating disability or who are otherwise isolated.



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# Meals Served

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- 650-700 meals are served each day out of our Bloomington Kitchen site Monday through Friday.
- 400-475 meals are served each day out of our Rantoul Kitchen site Monday through Friday.
- We also partner with 10 restaurants to help prepare and serve meals as well.



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# Highlights

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- According to the POMP survey, 90% of Peace Meal clients enjoy the meals they receive and 90% appreciate the variety of foods offered.
- 270 nutrition education encounters took place through educational handouts, virtual education (Café Chats), etc.



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# Focused Story

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- <https://content.presspage.com/uploads/1873/junewarrenonblessed.mp4?10000>



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# Social Isolation



## *OSF Peace Meal Café Chats*

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### **Weekly Virtual Education Sessions Every Tuesday, starting June 22<sup>nd</sup>, from 12 – 12:30 pm**

Join us to learn about health tips and chat with our wellbeing experts while you enjoy your Peace Meal lunch.

#### Education Sessions:

##### **June 22 - What's On Your Plate?**

Join us and learn how to easily and economically prepare a plate full of healthy foods.

##### **June 29 - Power Up with Breakfast**

It's the most important meal of the day. Join us for some quick breakfast ideas to start your day off right.

##### **July 6 - Rethink Your Drink**

What's in your glass is as important as what's on your plate. Join us to quench your thirst for health.

##### **July 13 - Fabulous Fruits**

Full of disease fighting plant chemicals, vitamins, and minerals...nature's sweet treat and oh so healthy for us!

##### **July 20 - Eat More Veggies**

Yep, mom was right when she said this. Learn easy tips on how to eat and prepare great tasting veggies.

##### **July 27 - Countdown to Good Health: 5-4-3-2-1**

You'll love this play on numbers as an easy way to remember to eat a little healthier and be more physically active.

#### To Participate:

- **Option 1: Call us on your phone to chat on Tuesdays!**

Call: 1.872.242.7768

Ph. Conf. ID: 305 109 768#

- **Option 2: Connect with us on Microsoft Team to watch us on Tuesdays!**

Send us your email and we will send you a direct link to join us via Microsoft Teams.

[Erin.kennedy@osfhealthcare.org](mailto:Erin.kennedy@osfhealthcare.org).

Any questions about the Café Chats, please call 309.661.5153.

## ***OSF Peace Meal Café Chats***

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**Weekly Virtual Education Sessions  
Every Tuesday, starting September 7<sup>th</sup>, from 1 – 1:30 pm**

Join us to learn about health tips and chat with our wellbeing experts and enjoy your Peace Meal lunch.

### **Education Sessions:**

#### **September 7 – Fill Your Cart Full of Health**

Join us in the 'virtual' aisles for grocery shopping tips to fill your cart full of health.

#### **September 14 – Sleep Tight Tonight**

Sleep does more than just restore us, it can help ward off disease as well. If you need some tips to help you snooze, this presentation is for you.

#### **September 21 – Fiber Up for Health**

Fiber, the 'rough-stuff' is getting a lot of attention for health. Are you getting enough? Join us for quick 'n easy ways to fiber-up your plate.

#### **September 28 – Healthy Dining Out**

Making healthy choices doesn't have to be difficult when dining out if you know what to look for on the menu.

#### **October 5 – Seasoning Without Salt**

Limiting salt doesn't have to compromise flavor. Join us for easy ways to boost flavor using a variety of herbs, spices, and cooking techniques.

#### **October 12 - Countdown to Good Health: 5-4-3-2-1-0+8**

You'll love this play on numbers as an easy way to remember to eat a little healthier and be more physically active.

### **To Participate:**

- **Option 1: Call us on your phone to chat on Tuesdays!**

Call: 1.872.242.7768

Ph. Conf. ID: 149 253 530#

- **Option 2: Connect with us on Microsoft Team to watch us on Tuesdays!**

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# Questions

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