

## Senior Servings Program Guide

*Provided through*  
**Our Neighbor's Cupboard Food Bank**

107 N. Neshoba, Tishomingo

### Qualifications:

Any person living in **JOHNSTON COUNTY**, over the age of 60 and who experience difficulties or challenges preparing their own home cooked meals. This could include: 1. difficulty standing for long periods, 2. pain or difficulty when using hands to chop or open packages, and/ or 3. sometimes experiences forgetfulness when cooking.

All meals are prepared in the Regional Food Bank's Hope's Kitchen and designed by on-staff Registered Dietitian and Kitchen Production Manager.

Meals last 1 year after production date added to the label and are created on rotation.

### Frequently Asked Questions:

**If more than one senior in the household qualifies for the program, can each individual participate?**

*A: Yes, all who meet the qualifications listed above.*

**Do these meals replace the groceries senior clients receive at the food pantry?**

*A: No, Senior Servings meals are meant as a supplement in addition to the groceries already provided through the food pantry.*

**Is there a limit to the number of meals each participating client can receive?**

*A: Yes, each participating client can receive up to 12 meals per month. If there is more than one participant in a household, each participant can still receive up to 12 meals per month each.*

**Do you delivery?**

*A: Yes, we will, or you may send someone to pick up for you.*

**For more information, please contact Amber Wooley at 580-219-0665.**