

Northwestern Illinois Community Action Agency (NICAA)

Senior Citizens Services Golden Meals Program

524 W Stephenson St Freeport Il 61032

815-232-8896

NICAA Golden Meals Program serves senior citizens in Stephenson, Jo-Daviess, Carroll & Whiteside Counties.



NICAA Golden Meals delivers a hot mid-day meal to persons 60 years of age and older who are homebound and unable to make their own meals or are unable to attend a congregate site. Meals may be delivered during a short recuperation period after discharge from the hospital or on a permanent basis.



The Golden Meals menus provide one – third of the USDA recommended daily allowances for senior citizens and are approved by a registered dietician. Each meal includes 3 ounces of protein, two ½ cup servings of fruit and/or vegetables, bread and milk.



Hot meals are delivered Monday through Thursday with a frozen meal delivered on Thursday for Friday's meal. Sack suppers are also available. A suggested donation of \$3.25 per meal is requested. No one will be denied service due to their inability to donate.

To begin home-delivered meal service, call the NICAA Golden Meals office at 815-232-8896. You will be asked some questions to determine eligibility. Meals are started in 48 hours.

The Northwestern Illinois Community Action Agency Senior Citizens' Services Golden Meals Program is funded in the part with Title III-C Older Americans Act funds received through the Illinois Department on Aging and Northwestern Illinois Area Agency on Aging. NICAA Golden Meals does not discriminate in admission to programs or treatment of employment in programs in compliance with the Illinois Human Rights Act, the U.S Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act and Age Discrimination in Employment Act, and the U.S. and Illinois Constitutions