



State of Illinois
Illinois Department on Aging

2024

HOME DELIVERED MEALS REPORT

October 1, 2022 to September 30, 2023
Report Date: March 2024
In Accordance with Public Act 93-0484

TABLE OF CONTENTS

Legislative History.....	5
The Aging Network.....	6
Background and Analysis.....	7
Nutrition Programs.....	8
Growth of the Aging Population.....	10
Statewide Senior Nutrition Program Expenditures.....	12
Illinois Nutrition Program Data.....	14
National Survey of Home Delivered Meal Program Clients.....	67
Illinois Department on Aging Meal Choice Diet Options Survey (2023).....	68
IDoA Home Delivered Meal Survey for Area Agencies on Aging (November 2023).....	77
Conclusion.....	86
References.....	87
Appendix: Area Agencies on Aging map and directory.....	89

Legislative History

Public Act 93-0484 added Section 4.07 to the Illinois Act on the Aging (20 ILCS 105). This section states: "Every citizen of the State of Illinois who qualifies for home-delivered meals under the federal Older Americans Act shall be provided services, subject to appropriation."

This Act also requires the Illinois Department on Aging to file an annual home delivered meals report with the General Assembly. At a minimum, the report must include the following information:

- Estimates, by county, of citizens denied service due to insufficient funds during the preceding fiscal year "and the potential impact on service delivery of any additional funds appropriated for the current fiscal year.
- Estimates of additional funds needed to provide services to those denied service or on waiting lists due to insufficient funds, including staffing and equipment needed to prepare and deliver meals.
- Geographic areas and special populations unserved and underserved in the preceding fiscal year.
- Recommendations for increasing the amount of federal funding captured for the program.
- Recommendations from the Aging Network on potential ways to reach unserved/underserved areas and special populations to include rural areas, dietetic meals, weekend meals, and 2 or more meals per day.
- Any other information needed to assist the General Assembly and the Illinois Council on Aging in developing a plan to address unserved and underserved areas of the State.

Public Act 102-0253 added a requirement for the Department on Aging to develop a fact sheet about public benefit programs available to older adults which is now distributed with home-delivered meals on an annual basis.

Public Act 103-0102 changed the due date for filing this report to March 31 (previously, January 1).

THE AGING NETWORK IN ILLINOIS

The Illinois Department on Aging

The Illinois Department on Aging (IDoA) was created by the State Legislature in 1973 for the purpose of improving the quality of life for Illinois’ older adults by coordinating programs and services enabling older adults to preserve their independence for as long as possible. It is the single state agency in Illinois authorized to receive and dispense federal Older Americans Act funds, as well as specific state funds, through Area Agencies on Aging (AAAs) and community-based service providers.

The Illinois Aging Network provides a comprehensive and coordinated service system for the state’s approximately 2,158,546 older adults aged 65 or older, giving high priority to those in greatest social and economic need; conducts studies and research into the needs and priorities of older adults; and ensures older adult participation in the planning and operation of all phases of the system. At the state level, IDoA serves and advocates for older Illinoisans and their caregivers by administering quality and culturally appropriate programs that promote partnerships and encourage independence, dignity, and quality of life. In fulfilling its mission, IDoA responds to the dynamic needs of society’s aging population through a variety of activities including:

- planning, implementing, and monitoring integrated service systems.
- coordinating and assisting the efforts of local community agencies.
- advocating for the needs of the state’s older adult population, and
- collaborating with federal, state, local, and other government agencies in developing programs and initiatives.

Area Agencies on Aging

The state of Illinois is divided into thirteen Planning and Service Areas (PSAs) (see Appendix A). There is one Area Agency on Aging (AAA) designated by IDoA located within each PSA. In Illinois, twelve not-for-profit agencies and one unit of local government serve as AAAs. Each AAA is responsible for planning, coordinating, and advocating for the development of a comprehensive and coordinated system of services for older adults and their caregivers who reside within the boundaries of the individual PSAs. Use of this type of decentralized planning process is authorized by the Older Americans Act for a three-year cycle set by IDoA.

Each three-year cycle begins with a needs assessment of local older adults, family caregivers and grandparents and other older relatives raising children. Through a process of public hearings, surveys, research, and the assistance of the AAAs’ advisory councils, these needs are ranked in order of importance and matched with available resources. Each AAA then incorporates a proposed funding distribution, budget, and other planning information into an Area Plan on Aging. The plan includes an outline of proposed AAA activities for each year of the three-year grant cycle.

Following public hearings, the Area Plan is submitted to IDoA for review and approval. AAAs are permitted to amend their Area Plans annually in response to changing needs, priorities, and available funding. Federal Older Americans Act and state funds are allocated to the AAAs upon approval of the Area Plan and/or the Area Plan annual amendments by IDoA.

The AAAs in Illinois are not, as a rule, direct service providers. The AAAs are responsible for planning, monitoring, evaluating, and providing technical assistance to programs as needed. They contract with local service providers to implement services. In addition, the AAAs function as advocates for older adults and are the primary disseminators of information relating to aging issues within their respective PSAs.

The following chart lists the thirteen AAAs and the counties in which services are provided in each PSA in the state.

PSA	Name of Area Agency on Aging	Counties
1	Northwestern Illinois Area Agency on Aging	Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside, Winnebago
2	Age Guide Northeastern Illinois	DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, Will
3	Western Illinois Area Agency on Aging	Bureau, Henderson, Henry, Knox, LaSalle, McDonough, Mercer, Putnam, Rock Island, Warren

4	Central Illinois Agency on Aging, Inc.	Fulton, Marshall, Peoria, Stark, Tazewell, Woodford
5	East Central Illinois Area Agency on Aging, Inc.	Champaign, Clark, Coles, Cumberland, DeWitt, Douglas, Edgar, Ford, Iroquois, Livingston, Macon, McLean, Moultrie, Piatt, Shelby, Vermillion
6	West Central Illinois Area Agency on Aging	Adams, Brown, Calhoun, Hancock, Pike, Schuyler
7	Age Linc	Cass, Christian, Greene, Jersey, Logan, Macoupin, Mason, Menard, Montgomery, Morgan, Sangamon, Scott
8	Age Smart Community Resources	Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington
9	Midland Area Agency on Aging	Clay, Effingham, Fayette, Jefferson, Marion
10	Southeastern Illinois Agency on Aging, Inc.	Crawford, Edwards, Hamilton, Jasper, Lawrence, Richland, Wabash, Wayne, White
11	Egyptian Area Agency on Aging Inc.	Alexander, Franklin, Gallatin, Hardin, Jackson, Johnson, Massac, Perry, Pope, Pulaski, Saline, Union, Williamson
12	Senior Services Area Agency on Aging/CDFSS	Cook (City of Chicago)
13	Age Options, Inc.	Cook (Suburban)

Service Providers

Community-based service providers also represent a key segment of the Aging Network in Illinois, because they provide direct service and operate the programs for older adults and their caregivers.

The direct service delivery system consists of agencies who receive funding from Title III of the Older Americans Act and some of whom also receive IDoAs Community Care Program. Title III providers offer a wide range of home and community-based services, including home delivered meals and community-based programs that offer socialization, support, and other resources. The Community Care Program providers offer in-home care, adult day service, emergency home response, automated medication dispenser, information and referral, care coordination, and services made available through special demonstration or research projects.

During Federal FY 2023, more than 493,364 older adults, family caregivers and grandparents raising grandchildren and older adults raising children were served by nutrition and social service agencies under Title III of the Older Americans Act. These services include information and assistance, outreach, congregate meals, home delivered meals, transportation, legal assistance, respite care, chore, residential repair, senior center activities and health promotion and disease prevention.

In FY 2024, more than 1,467,360 congregate meals are estimated to be served to approximately 56,255 older adults at more than 362 meal sites located throughout the state. Approximately 79,516 homebound older persons will receive an estimated 11,165,641 million home delivered meals.

Background and Analysis

With the aging of the U.S. population, increased attention has been directed to delivering health related services to older adults in community settings. Since adequate nutrition is critical to health, functioning, and the quality of life, the Nutrition Program is an important component of home and community-based services for older adults. IDoAs Nutrition Program, authorized under Title III of the Older American’s Act provides funding to the thirteen AAAs who oversee the funding of more than 360 nutrition service providers to support nutrition services to older adults throughout Illinois. The Nutrition Program is intended to improve the dietary intakes of older adults. Each meal served must provide at least one third of the daily recommended Dietary Reference Intakes (DRIs) as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Science. While there is not a means test for participation in the Nutrition Program, services are required by the Older Americans Act to be targeted to older adults with the “greatest economic and social need”, including low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas. Many older adults cannot consistently maintain a nutritious dietary intake. Adults age

85+, minority older adults, older adults in greatest economic need, older adults who live alone, and individuals with chronic health conditions are at the highest risk of being malnourished. Adequate nutrition is critical for healthy aging, the prevention or delay of chronic disease and disease-related disabilities and helps older individuals recover more quickly from illnesses or injuries. The Aging Network’s nutrition programs provide congregate and home delivered meals, link older adults to supportive services, increase social and community connections while decreasing social isolation, and provide nutrition education to help decrease or manage chronic health conditions.

Food Insecurity

Food insecurity is having inadequate access to nutritious foods needed to maintain or live a healthy life. The U.S. Department of Agriculture utilizes the following four labels to define levels of food security and insecurity:

High	Marginal	Low	Very Low
No reported indications of food access problems or limitations.	One or two reported indications- typically of anxiety over food sufficiency or shortage of food in the house. Little or no indication of changes in diets or food intake.	Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.	Reports of multiple indications of disrupted eating patterns and reduced food intake.

The prevalence of food insecurity has continued to increase for older adults residing in the United States. In 2021, 7.1% (5.5 million) of the U. S. population age 60 and older were considered food insecure and this percentage increased to 9.1% in 2022, reflecting a statistical increase of 2.0 % (Ziliak & Gunderson, 2021). The percent of U.S. adults 65+ living alone and experiencing food insecurity was 9.5% in 2021 and increased to 11.4% in 2022, reflecting a statistically significant increase of 1.9% (Ziliak & Gunderson, 2021). According to The State of Senior Hunger Report in 2021, 2.7% (2.1 million) were considered very low food secure, 26.4% of the U population age 60 or older were below the poverty line, 17.2% of the U. S. population 60 or older were black and food insecure, 5.6% of the U. S. population 60 or older were white and food insecure, 13.8% of the U.S. population 60 or older were Hispanic and food insecure (Ziliak & Gunderson, 2021). In Illinois, 7.6% of individuals aged 60 or older were considered food insecure (Ziliak & Gunderson, 2021).

Disparities in food security exist within many vulnerable populations including older adults living with a disability, racial and ethnic minority status, and older adults raising children. The results of the US Census Bureau for the Bureau of Labor Statistic’s 2021 Current Population Survey, older black adults have a food insecurity rate that is over three times higher than older white adults; older Hispanic adults were over twice the food insecurity rate of older non-Hispanic adults. Individuals living with a disability reported low food security at 13.4% and very low food scarcity at 5.5% (US Census, BLS, 2021). For those older individuals with children present in the household, the rate is even higher with 15% reporting low food scarcity and 6.3% reporting very low food security (US Census, BLS, 2021).

Many regions of Illinois offer poor access to grocery stores (food deserts) often due to geographic distance, and lack of transportation. According to the FY 2022 Illinois Food Desert Report from the Illinois Department of Public Health (2023), 10.2% of Illinois census tracts met the criteria for low income and low access (one mile urban and ten miles urban). Nine percent (9.0%) of census tracts met the criteria for low income and low access tract (one mile urban or twenty miles rural) (IDPH, October 2023).

Nutrition Programs

Home Delivered Meal Program

The home delivered meal program focuses on providing nutrition services to older adults that are age 60 or older who

may be frail and/or homebound by reason of illness, incapacitating disability, or are otherwise isolated. The Older American Act Nutrition Program focuses services to older adults in need of support for nutritious meals and are of “greatest economic and social need” including low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas and may need meals due to a decrease in mobility, chronic disease, inability to leave the home, or lack of transportation to a congregate meal site.

Participation in the home delivered meal program has varied during the past ten years. In FY 2013, the home delivered meal program provided meals to more than 34,022 older adults. The highest level of participation was in FY 2020 when over 88,000 individuals were served meals. Prior to the pandemic surge in utilization, the number of meals had been on a gradual decline from 34,022 in FY 2013 to 31,364 in FY 2016. In FY 2024, the home delivered meal program is estimated to provide meals to 63,477 older adults. This number is continuing to be influenced by the increase in participation in the service, due to several factors including the lingering fear of getting sick while attending a meal at a congregate site.

The Administration for Community Living Older Americans Title III Programs: 2018 Highlights and Accomplishments report indicates that Home delivered nutrition programs are effectively targeting their services, as indicated by the following outcomes:

- 62% of recipients are 75 years or older.
- 66% of recipients indicate that a home delivered meal provides half or more of their total food for the day.
- 88% of participants rate the meal as good to excellent.
- 90% of participants say the meals help them stay in their homes.
- 60% of recipients live alone.

Home-delivered meals programs (HDMs) offer “more than a meal.” There are many additional benefits that come with the delivery of the meals to older adults in the home beyond the improvement in nutrition-related outcomes. Home-Delivered Meal participants reported the meals help improve their health, help them feel more secure, and help them live independently. The Hunger in Older Adults report from Meals on Wheels, AARP Foundation and Caesar’s Foundation (February 2017) by Jean Lloyd found that the impact of meal delivery on the health and well-being of adults age 60+ to be significant and key findings include:

- Those receiving and/or requesting home delivered meals are significantly more vulnerable than a nationally representative sample.
- Those who received daily home delivered meals experienced the greatest improvements in health and quality of life.
- Those who received daily delivered meals reported greater benefits when compared to a group receiving frozen meals.
- Those who live alone and received home delivered meals were more likely to report decreases in worry about being able to continue to live at home, and improvements in feelings of isolation and loneliness compared to other groups.

Additionally, the *Hunger in Older Adults* report by Jean Lloyd (2017) provided data that indicate the programs enable participants to adopt healthier eating habits and bolster their food intake as seen in the table below.

Benefit of OAA Nutrition Programs	Congregate Participants %	Home Delivered Meal Participants %
Eat healthier	77%	79%
Improve health	80%	77%
Feel Better	85%	90%
Help them stay home	61%	92%

Congregate Meal Program

During the COVID period from 2020 to 2022, when in person services were restricted, many congregate meal programs temporarily transitioned to a pickup or “grab and go” distribution method. The “grab and go” method was found through practice to be beneficial to many older adults in the community that may not be able to attend a meal in the congregate setting due to scheduling challenges and/or household needs. Following the ending of the Public Health Emergency, many nutrition providers have continued to offer “grab and go” meals as an option for participants.

Many congregate meal programs adapted services affected by the pandemic by offering some programs and services virtually. Many organizations in the aging network offered virtual exercise classes, concerts, and Memory cafes which afforded a socialization component for older adults while using the grab and go meal option for their congregate meal participants. Frequently, nutrition providers have been told by congregate meal participants that a major reason they attend the meal sites is to participate in the social activities and to enjoy the companionship of other participants. These social activities in conjunction with the meal are important for older adults in combatting social isolation and loneliness especially for those who are still afraid of becoming sick from being around others in a congregate setting.

The congregate meal program provides older adults with a nutritious meal, social interaction, and volunteer opportunities. However, participation in the congregate meal program has declined over the past ten years. In FY 2013 the congregate meal program in Illinois provided meals to 81,939 older adults. In FY 2023, the congregate meal programs in Illinois provided meals to 56,225 older adults, which is a decline of 31 percent since FY 2013. The substantial decline in the number of congregate participants served in FY 2020, FY 2021, and FY 2022 is due to the COVID-19 (coronavirus) pandemic and the temporary suspension of congregate meal sites. The decline in the number of older adults participating in congregate meal programs is occurring throughout the nation and was significantly impacted by the COVID pandemic. It is partly due to “younger” older adults not participating in the congregate meal program for various reasons (lack of interest in group meal programs targeted for older adults, more nutritional and service options in their communities, and persons are working further into older adulthood).

Administration on Community Living (ACL) reports the following from recent Nutrition Services Older American Act Program (NSOAAP) data (2018):

Congregate nutrition programs are effectively targeting their services, as indicated by the following outcomes:

- More than 50% of recipients are 75 years or older.
- 54% of recipients indicated that one congregate meal provides half or more of their total food for the day.
- 90% of recipients rate the meal as good to excellent.
- 80% of recipients say they eat more healthily because of a meal program.
- About three quarters of recipients (76%) believe their health has improved because of a lunch program.

Growth of Aging Population

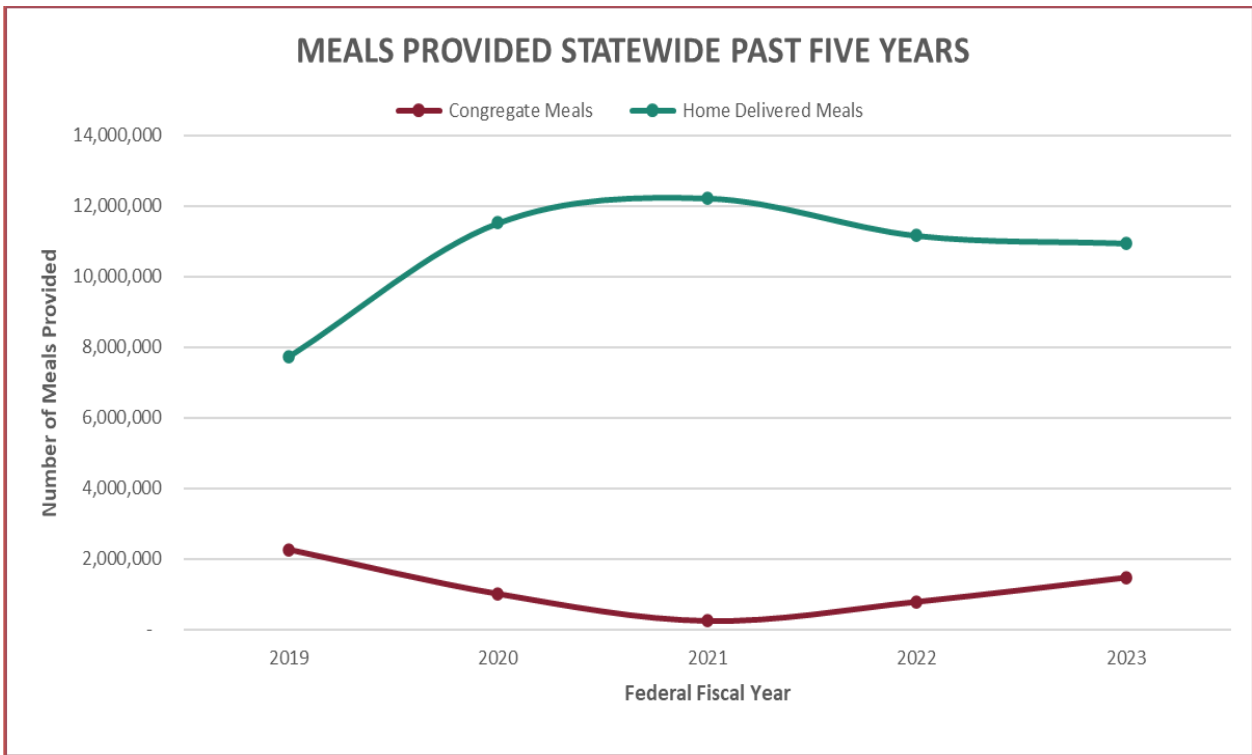
The need for home delivered meals will continue to grow as the number of older adults increases, an issue that will particularly affect the group aged 85 and over, which is the fastest growing segment of the older population. Nationwide, the 85+ age group is projected to increase from 13% of the 65+ population nationwide in 2014 to 20% of the 65+ population nationwide in 2060. (Ortman, et al, 2015). In 2000, the 85+ population in Illinois was 192,031, and in 2010, the number rose to 234,912 (U.S.Census Bureau, 2010). This population is projected to increase to 351,941 by 2030, which is an increase of 83.3% from 2000 (US Census Bureau, 2005). Many of the current clients need more than one meal per day plus weekend meals due to being at high nutritional risk. Some of these needs were met with American Rescue Plan Act funding on a temporary basis. The Senior Nutrition Program cannot address most of these needs without additional funding in the future as the aging population (and nutrition needs) continues to grow along with costs associated with delivering nutrition services as demonstrated in the chart below.

The following information outlines the growth of the age 85+ population in Illinois since 1970 according to the US Census.

1970 Census	1980 Census	1990 Census	2000 Census	2010 Census	2022 Census Estimates	% Increase Between 1970 & 2022	% Increase Between 2010 & 2022
81,181	110,945	147,549	192,031	234,912	262,397	+223%	+11.7%

Senior Nutrition Program Services Statistics

The chart below shows the number of congregate and home delivered meals provided in the past five years demonstrating that more Home Delivered Meals are provided than congregate. Additionally, it demonstrates the upswing in Home Delivered Meals and the decrease in congregate meals during the pandemic.



The following chart shows the number of unduplicated persons served and the total number of meals provided from 2014-2023; 2024 numbers are what the AAAs are projecting to serve in FY24. Like the graph above, the numbers indicate an overall increase in Home Delivered Meals, while congregate meals have experienced a slow decline with marked improvement in FY 2023.

Fiscal Year	Home Delivered Meals		Congregate Meals		Total Program	
	Persons Served	Meals Provided	Persons Served	Meals Provided	Persons Served	Meals Provided
2014	33,930	5,738,511	81,545	2,360,019	115,475	8,098,530
2015	33,350	5,936,547	82,936	2,403,694	116,286	8,340,241
2016	31,364	5,562,049	87,404	2,341,841	118,768	7,903,890
2017	33,564	6,148,011	78,779	2,234,898	112,343	8,382,909
2018	40,701	7,053,366	81,701	2,249,426	122,402	9,302,792
2019	43,436	7,716,621	85,467	2,258,869	128,903	9,975,490
2020	88,395	11,520,280	55,638	1,004,845	144,033	12,525,125
2021	87,759	12,226,604	11,056	235,116	98,815	12,461,720
2022	79,516	11,165,641	33,392	778,158	113,448	11,943,799

2023	75,216	10,992,953	56,225	1,467,360	131,441	12,460,313
2024	63,477	9,050,064	48,099	1,355,630	111,576	10,405,694

¹ The increase in Home Delivered Meals in FY 2020 and decrease in Congregate Meals was due to the temporary suspension of Congregate Meal Services during the COVID-19 (Coronavirus) pandemic. FY 2024 “Persons Served” and “Meals Provided” numbers are projections.

Statewide Senior Nutrition Program Expenditures

The following charts represent expenditures related to nutrition service delivery using federal, state and “Other” funds which includes program income, local match, and/or Nutrition Services Incentive Program (NSIP) awards.

HOME DELIVERED MEALS				
Fiscal Year	Federal	State	Other	Total
2014	\$8,297,861	\$11,828,976	\$16,961,880	\$37,088,717
2015	\$7,926,312	\$11,796,131	\$16,977,003	\$36,699,446
2016	\$8,219,033	\$11,764,216	\$15,752,225	\$35,735,474
2017	\$8,041,981	\$17,600,000	\$17,546,450	\$43,188,431
2018	\$8,765,366	\$21,777,387	\$16,963,059	\$47,505,812
2019	\$11,544,592	\$21,004,507	\$22,007,848	\$54,556,947
2020	\$9,625,256	\$23,719,757	\$39,224,355	\$72,569,368
¹ 2021	\$11,644,941	\$23,745,683	\$44,590,952	\$79,981,576
² 2022	\$8,723,007	\$30,393,192	\$25,736,908	\$64,853,107
² 2023	\$7,970,382	\$44,468,960	\$28,068,628	\$80,570,970
2024	\$15,594,559	\$52,618,715	\$20,233,062	\$88,446,336
CONGREGATE MEALS				
Fiscal Year	Federal	State	Other	Total
2014	\$10,356,601	\$39,735	\$12,497,572	\$22,893,908
2015	\$10,850,580	\$53,611	\$12,184,589	\$23,088,780
2016	\$9,437,175	\$69,772	\$11,986,733	\$21,493,680
2017	\$10,242,080	\$175,451	\$12,412,998	\$22,830,529
2018	\$10,522,961	\$224,147	\$11,667,100	\$22,414,208
2019	\$10,412,703	\$589,004	\$13,938,393	\$24,940,100
2020	\$6,706,469	\$254,941	\$7,028,315	\$13,989,725
2021	\$4,516,289	\$101,158	\$3,345,306	\$7,962,753
2022	\$7,311,787	\$191,122	\$11,081,005	\$18,583,914
² 2023	\$11,688,399	\$394,489	\$13,097,250	\$25,180,138
2024	\$14,990,776	\$320,128	\$10,278,890	\$25,589,794

TOTAL MEALS				
Fiscal Year	Federal	State	Other	Total
2014	\$18,654,462	\$11,868,711	\$29,459,452	\$59,982,625
2015	\$18,776,892	\$11,849,742	\$29,161,592	\$59,788,226

2016	\$17,656,208	\$11,833,988	\$27,738,958	\$57,229,154
2017	\$18,284,061	\$17,775,451	\$29,959,448	\$66,018,960
2018	\$19,288,327	\$22,001,534	\$28,630,159	\$69,920,020
2019	\$21,957,295	\$21,593,511	\$35,946,241	\$79,497,047
2020	\$16,331,725	\$23,974,698	\$46,252,670	\$86,559,093
2021	\$16,161,230	\$23,846,841	\$47,936,258	\$87,944,329
2022	\$16,034,794	\$30,584,314	\$36,817,913	\$83,437,021
2023	\$19,658,781	\$44,863,449	\$41,165,878	\$105,688,108
2024	\$30,585,335	\$52,938,843	\$30,511,952	\$114,036,130

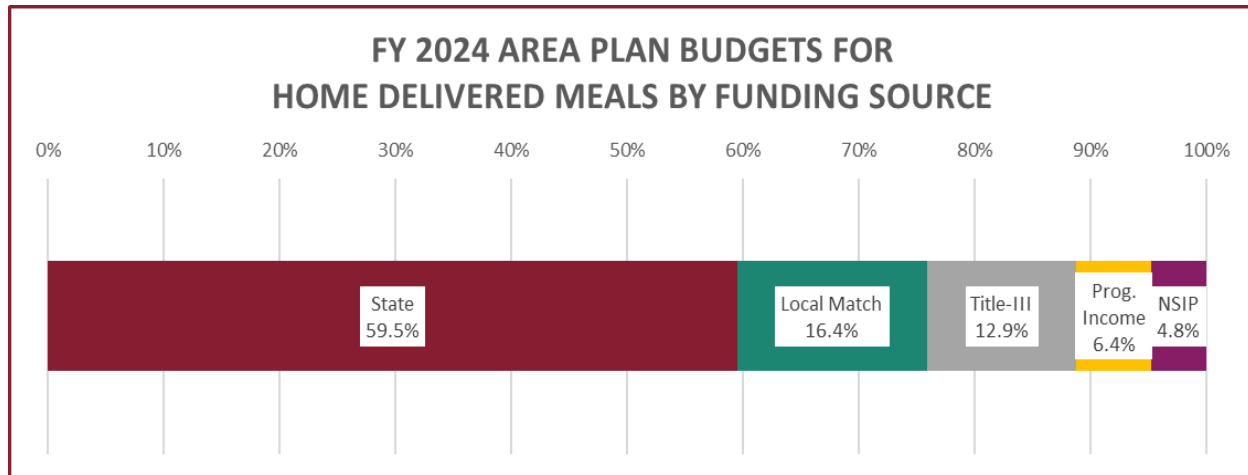
² FY 2024 is based on the Area Plan projections, which do not reflect the additional Consolidated Appropriations Act and American Rescue Plan Act funding in the “Other” column.

Local Cash Match and Program Income Resources.

The Area Plan budgets submitted by the 13 Area Agencies on Aging include local resources (both cash and in-kind contributions) and program income (client contributions) which provide significant financial support to the nutrition programs throughout the state. In FY 2024, it is estimated that local match will provide \$14.5 million (16.4% of total budget) statewide and program income will provide \$5.6 million (6.4 % of total budget) to support the home delivered meal program.

Home Delivered Meals funding sources.

The following chart outlines how the various resources are used to fund the average cost of home delivered meals.



Note: NSIP stands for the Nutrition Services Incentive Program. The total meals served, or meal count is used to determine a state’s allotment under OAA Title III, Part A (Section 311).

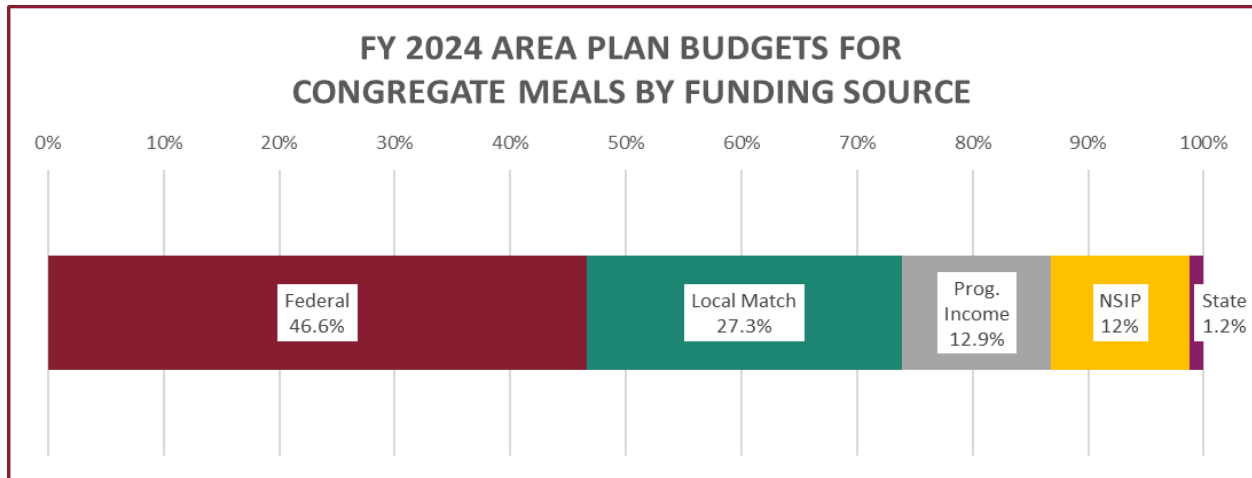
An NSIP home delivered meal is a meal provided to a qualified individual at his/her place of residence through a program that meets all the criteria for payment using OAA Title III-C funds as listed below:

- A meal served to an eligible individual (a person who is qualified to receive services under the OAA as defined in Title III); and
- A meal served to an eligible person who has NOT been means-tested for participation; and
- A meal must be compliant with the nutrition requirements; and
- A meal served by an eligible agency (i.e, has a grant or contract with a SUA or AAA); and
- A meal served to a person who has an opportunity to contribute toward the cost of the meal.

Meals served under Title III-E supplemental services may be included if all the above criteria are met. (Source: OAA)

Congregate Meal funding sources.

In FY 2024, it is estimated that local match will provide 6.9 million (27.3% of total budget) statewide and program income will provide 3.3 million (12.9 % of total budget) to support the Congregate Meal program.



Note: NSIP stands for the Nutrition Services Incentive Program. Meal count used to determine a state’s allotment under OAA Title III, Part A (Section 311).

An NSIP Congregate meal is a meal provided to a qualified individual in a congregate or group setting through a program that meets all the criteria for payment using OAA Title III-C funds as listed below:

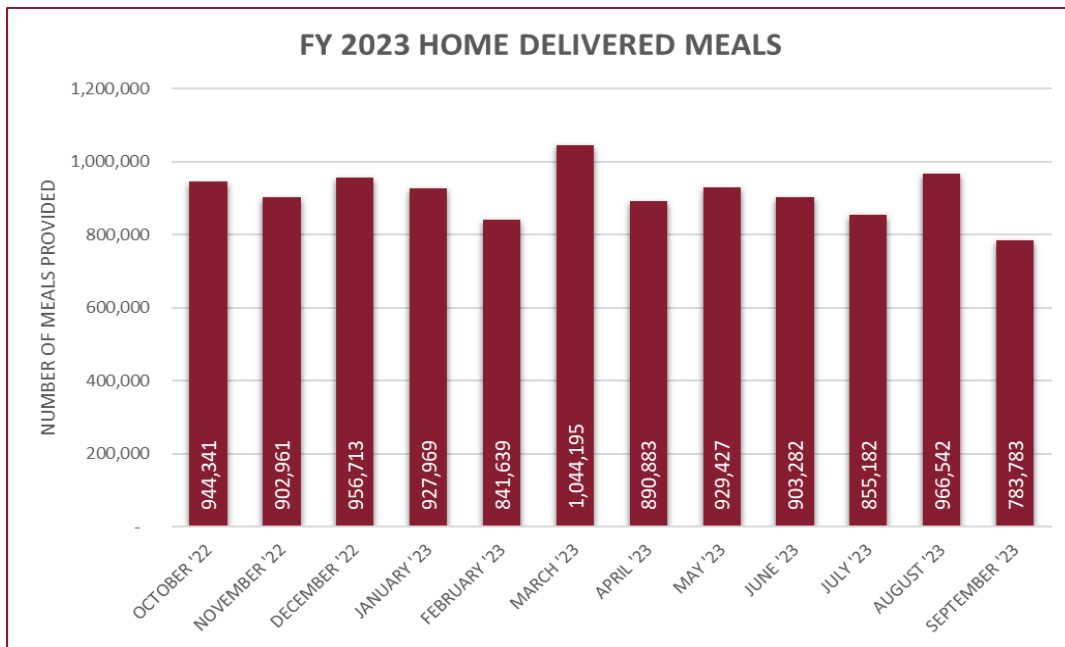
- A meal served to an eligible individual (a person who is qualified to receive services under the OAA as defined in Title III); and
- A meal served to an eligible person who has NOT been means-tested for participation; and
- A meal must be compliant with the nutrition requirements; and
- A meal served by an eligible agency (has a grant or contract with a State Unit on Aging or Area Agency on Aging); and
- A meal served to a person who has an opportunity to contribute toward the cost of the meal.

Meals served under Title III-E supplemental services may be included if all the above criteria are met. (Source: OAA)

Illinois Nutrition Program Data

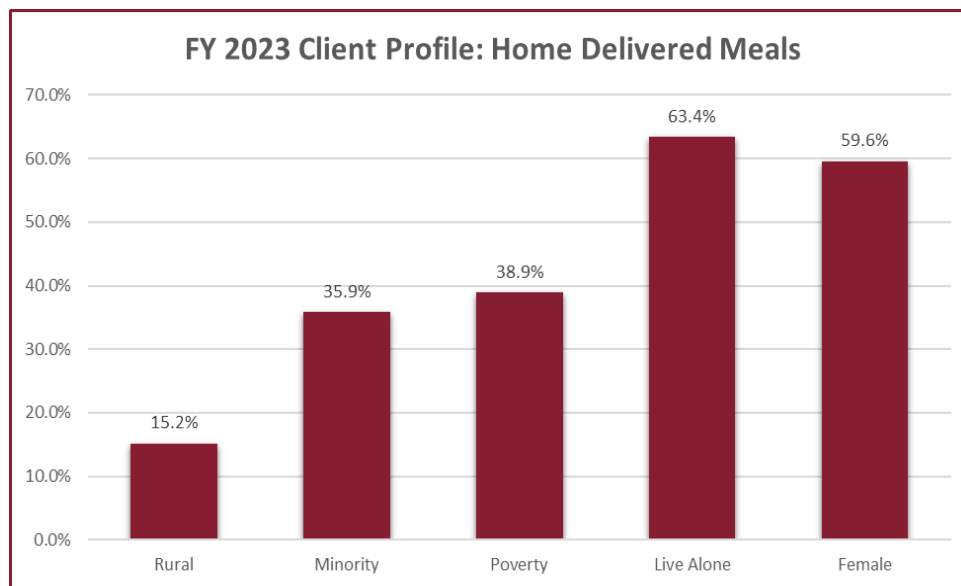
Illinois Home Delivered Meal Statistics

The below chart shows the number of home delivered meals provided each month in FY 2023 (October 1, 2022 to September 30, 2023). Over the last year, there was a gradual decline in the total number of meals provided from October- September with the peak in March.



Home Delivered Meal participant demographics.

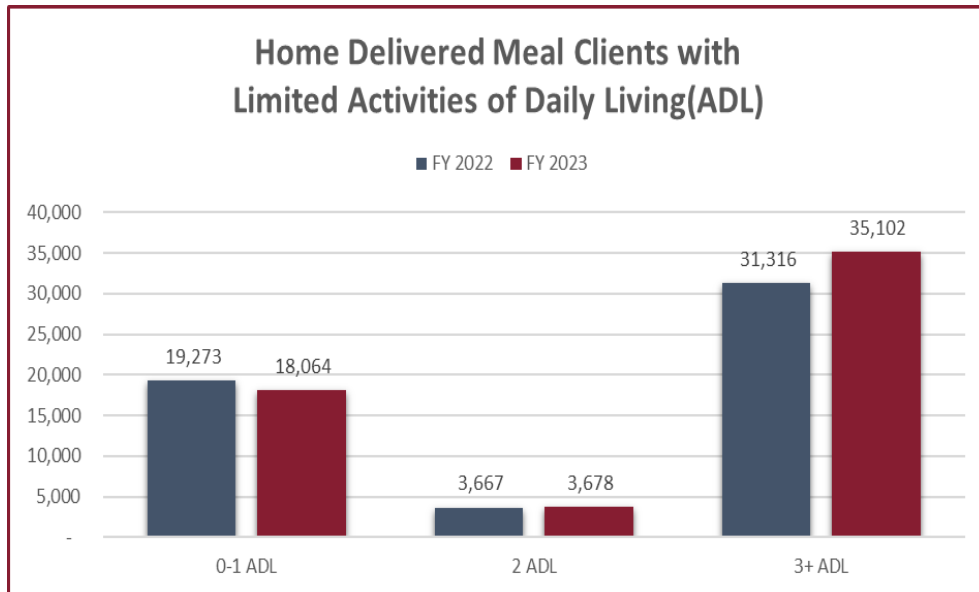
Here in Illinois, meals are reaching people with greatest economic and social need. The below chart reflects the client profile of persons who participate in home delivered meals. Persons who are rural, minority, poverty, living alone, and female are factors considered when determining greatest economic and social need.



The chart indicates that more than half of recipients are female, most live alone, almost 40% are in poverty, more than a 1/3 are minorities, and a little over 15% live in rural regions of the state.

Activities of Daily Living difficulties for Home Delivered Meal participants.

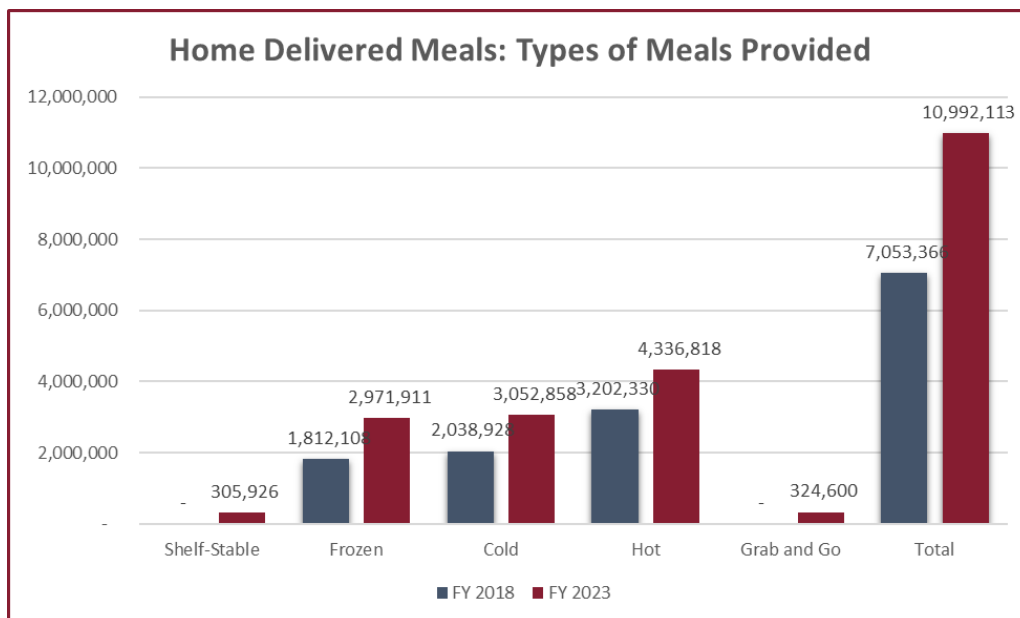
Home delivered meal participants often have indications of difficulty in performing daily tasks including bathing, getting dressed, toileting, transferring, and eating meals. This can lead to the inability to prepare their own meals especially if they live alone. Often, this can lead to malnutrition, but home delivered meals allows them to get a healthy meal daily which helps prevent malnutrition. In FY 2023, there were 35,102 Illinois home delivered meal participants that had three or more activities of daily living (ADL) limitations.



Note: Activities of Daily Living indicates the person’s total score on the Katz Index of Independence in Activities of Daily Living (ADL). Activities include bathing, dressing, toileting, transferring, continence, and feeding. A limitation is defined as unable to perform the activity without substantial assistance (including verbal reminding, physical cuing, or supervision).

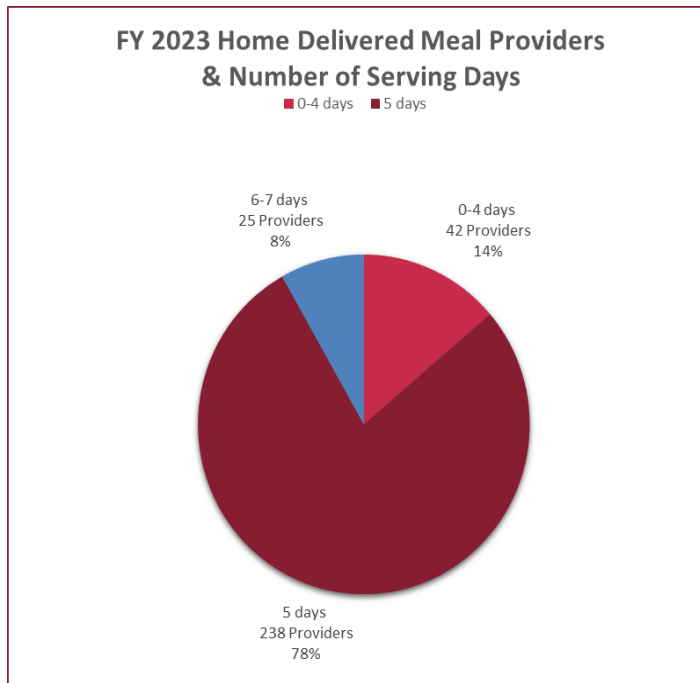
Types of Home Delivered Meals offered.

The below chart reflects the number of Home Delivered Meal provided by type: hot, cold, frozen, Grab and Go, and shelf stable. Most providers offer hot meals, while others due to delivery routes and available drivers offer cold and frozen meals to increase reach of the program. All providers offer shelf-stable meals for cases of emergency.



Number of days Home Delivered Meals are provided.

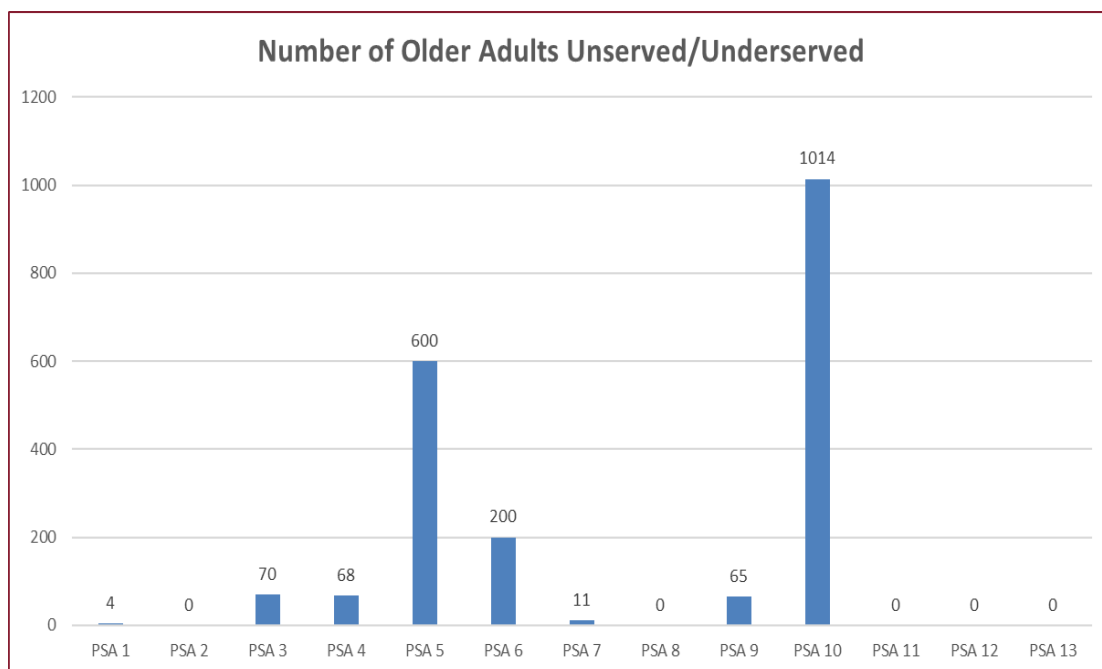
The below chart reflects the number of Home Delivered Meal providers, and the number of days meals are served. Most provide meals 5 days a week, though so rural regions provide meals less than 5 days a week, and a few providers offer weekend meals or 6-7 days of meals.



Number of older adults needing Home Delivered Meals in unserved areas.

There are still areas in Illinois that are not served by home delivered meal programs due to a lack of funding and/ or resources, typically in the most rural areas of Illinois. The Illinois Department on Aging surveyed the 13 Area Agencies on Aging (AAA) in September 2023 on the number of older adults needing home delivered meals in unserved areas. “Unserved areas” is defined as geographic areas (e.g., rural township areas or neighborhoods in cities, etc.) that are not served by the home delivered meal program due to lack of funding or other factors such as the need for additional volunteers to deliver the meals.

In Fiscal Year 2023, the Area Agencies on Aging reported that a total of 2,032 older adults needed home delivered meals in unserved areas. This is an increase of 1,191 older adults from FY 2022 in which 841 older adults needed home delivered meals in unserved areas of the state.



The above chart illustrates the number of older adults in each PSA who were unserved/underserved in FY 2023

demonstrating that the most rural PSAs have the highest unmet need.

This is further outlined in the following table detailing the results of the survey by PSA and by county. *Only counties with reported unmet need for older adults are listed.*

Planning & Service Area	Name of County	# of Older Persons Needing HDMs
01	DeKalb	4
	PSA 1 Total	4
03	Henderson	12
03	Mercer	30
03	Warren	28
	PSA 3 Total	70
04	Marshall	14
04	Stark	14
04	Woodford	40
	PSA 4 Total	68
05	Macon	600
	PSA 5 Total	600
06	Adams	75
06	Calhoun	15
06	Hancock	65
06	Pike	45
	PSA 6 Total	200
07	Macoupin	2
07	Sangamon	9
	PSA 7 Total	11
09	Clay	13
09	Effingham	14
09	Fayette	16
09	Jefferson	12
09	Marion	10
	PSA 9 Total	65
10	Crawford	267
10	Edwards	70
10	Hamilton	63
10	Jasper	195

10	Lawrence	48
10	Richland	121
10	Wabash	70
10	Wayne	60
10	White	120
	PSA 10 Total	1014
	State Total	2032

Type of Home Delivered Meal provided.

The Illinois Department on Aging surveyed the 13 Area Agencies on Aging (AAA) in September 2023, on the number of home delivered meals that were served hot, cold, frozen (for later reheating) or shelf stable. The number of hot meals increased from 38% to 39%. The number of cold meals decreased from 30% to 27%. The number of frozen meals increased from 28% to 30%. The number of shelf stable meals decreased from 4% to 3%. "Grab and Go" meals decreased from 9.5% to 4% of the total home delivered meals provided statewide.

PSA	Hot Meals	Cold Meals	Frozen Meals	Shelf Stable Meals	Grab and Go Meals	Total Home Delivered Meals
1	405,240	191,904	60,321	2,565	300	660,030
2	714,916	59,678	278,879	40,552	30,531	1,094,025
3	239,197	180,760	20,370	14,175	0	454,502
4	227,812	329	39,863	3,178	36,628	271,182
5	546,626	25,204	89,422	27,892	0	689,144
6	98,341	19,170	17,555	1,446	7,356	136,512
7	336,159	25,245	2,010	8,861	0	372,275
8	141,144	3,812	459,218	22,370	30,112	656,656
9	170,840	2,405	322	2,600	0	176,167
10	132,582	1,430	17,729	11,000	0	162,741
11	252,218	0	101,244	0	16,869	353,462
12	332,363	1,907,100	1,596,129	149,130	49,492	3,984,722
13	691,865	572,265	601,872	45,213	258,337	1,911,215
Total	4,289,303	2,989,302	3,284,934	328,982	429,625	10,922,633

Note: Grab and Go Meals are pulled from the Hot, Cold Frozen or Shelf Stable meals and are not in addition to those meals.

The following chart is a detailed breakdown by PSA and county indicating the type of home delivered meal served.

PSA	Name of Nutrition Program	Number of Hot HDM Meals	Number of Cold HDM Meals	Number of Frozen HDM Meals	Number of Shelf-Stable HDM Meals	Number of Grab and Go Meals	Total Number of HDM Meals Served
1	Freeport Central Kitchen	60,433	46,934	11,189	342	0	118,898
1	Golden Meals 11	34,750	18,715	5,358	297	0	59,120
1	Lifescape	213,649	114,926	38,149	0	0	59,120
1	Savanah Table	33,191	4,597	4,242	90	0	366,724
1	Voluntary Action Center	63,217	6,732	1,383	1,836	300	73,168
Total		405,240	191,904	60,321	2,565	300	660,030
2	American Association of Retired Asians	0	1,030	0	0	0	1,030
2	Catholic Charities Lake County	115,410	6,592	133	3,958	0	126,093
2	Catholic Charities McHenry County	86,947	3,211	319	2,959	0	93,436
2	Community Nutrition Network Kendall	26,083	7,639	12,759	1,340	0	47,821
2	Community Nutrition Network Grundy County	17,885	11,563	5,484	835	0	35,767
2	Community Nutrition Network Will County	186,989	25,395	3,237	7725	0	223,346
2	DuPage Senior Citizens Council	172,432	1,456	91,220	11,480	29,731	276,588
2	Kane Senior Council	101,106	2,177	47,249	7,810	800	158,342
2	Catholic Charities Joliet	8,064	615	118,478	4,445	0	131,602
Total		714,916	59,678	278,879	40,552	30,531	1,094,025
3	Voluntary Action Center	69,570	57,611	7,684	2,952	0	137,817
3	Jamieson Community Center	31,575	0	12,686	1,275	0	45,536
3	Henry County Senior Citizens	53,965	0	0	0	0	53,965
3	Rock Island Senior Center	57,376	76,310	0	3,355	0	137,041

3	VNA Community Services	0	44,161	0	6,207	0	50,368
3	YMCA McDonough	26,711	2,678	0	386	0	29,775
Total		239,197	180,760	20,370	14,175	0	454,502
4	City of Peoria	80,780	0	19,233	951	17,159	100,964
4	Fulton County	43,105	0	6,200	1,100	6,432	50,405
4	Benson Roanoke	1,154	13	127	6	0	1,300
4	Bradford	1,297	16	148	4	0	1,465
4	Henry	7,152	81	788	62	2,479	8,083
4	Lacon	3,529	45	294	30	0	3,898
4	LaFayette	703	9	101	0	0	813
4	Metamora	1,081	11	236	10	0	1,338
4	Sparland	887	12	181	6	0	1,086
4	Toluca/ Varna	4,232	51	86	36	1220	4,405
4	Toulon	3,165	35	93	0	0	3,293
4	Washburn	1,770	17	105	18	0	1,910
4	Wenona	961	13	31	10	0	1,015
4	Wyoming	2,103	26	131	0	563	2,260
4	Tazewell	36,321	0	4,779	450	0	41,550
4	Rural Peoria	39,572	0	7,330	495	8,775	47,397
Total		227,812	329	39,863	3,178	36,628	271,182

Planning & Service Area	Name of Nutrition Program	Number of Hot HDM Meals	Number of Cold HDM Meals	Number of Frozen HDM Meals	Number of Shelf-Stable HDM Meals	Number of Grab and Go Meals	Total Number of HDM Meals Served
5	Catholic Charities Meals on Wheels	89,042	4	2,929	195	0	92,170
5	OSF Peace Meal	292,909	15,492	5,188	23,310	0	336,899
5	SBL Peace Meal	159,425	9,693	1,540	4,387	0	175,045
5	CRIS Healthy Aging	5,250	15	79,765	0	0	85,030
Total		546,626	25,204	89,422	27,892	0	689,144
6	WCI NUTRITION PROJECT	98,341	19,170	17,555	1,446	7,356	136,512
Total		98,341	19,170	17,555	1,446	7,356	136,512
7	CAPCIL	27,901	21,433	574	656	0	50,564
7	CEFS	57,762	0	0	0	0	57,762
7	IVEDC	91,630	0	0	6,852	0	98,482
7	PCOA	43,839	0	0	0	0	43,839
7	SSOCI	111,561	3,812	1,436	1,353	0	118,162
7	GANT	3,466	0	0	0	0	3,466
Total		336,159	25,245	2,010	8,861	0	372,275
8	Bond County Senior Center	14,357	0	6,072	1,155	449	21,584
8	Clinton County Collaborative	34,820	0	2,824	1,565	1,481	39,209
8	Lessie Bates Seasoned Circle Café	0	90	130,046	4,360	14,495	134,496
8	Mascoutah Senior Center	11,734	0	714	900	3,575	13,348
8	Millstadt Senior Ctr	23,295	0	8,380	1,500	3,351	33,175
8	Northeastern Randolph Senior Center	10,675	0	978	795	1,623	12,448
8	Senior Services Plus	0	3,722	268,480	7,455	27	279,657
8	Steeleville Senior Center	2,240	0	0	425	0	2,665

Planning & Service Area	Name of Nutrition Program	Number of Hot HDM Meals	Number of Cold HDM Meals	Number of Frozen HDM Meals	Number of Shelf-Stable HDM Meals	Number of Grab and Go Meals	Total Number of HDM Meals Served
8	Washington County Senior Centers	16,145	0	5,822	1,100	1,454	23,067
8	WEEOC	27,878	0	35,902	3,115	3,657	66,895
Total		141,144	3,812	459,218	22,370	30,112	656,656
9	BCMW Comm. Services	53,088	0	0	1,880	0	54,968
9	Comp Connections Meals	28,143	2,405	322	720	0	31,590
9	Meals on Wheels of CEFS	89,609	0	0	0	0	89,609
Total		170,840	2,405	322	2,600	0	176,167
10	Crawford	12,500	100	700	1,000	0	14,300
10	Edwards West Salem	1,530	100	350	500	0	2,480
10	Edwards-Grayville	1,900	100	250	500	0	2,750
10	Hamilton	16,700	100	3,020	1,000	0	20,820
10	Jasper Senior Center	6,850	30	1,020	1,000	0	8,900
10	Lawrenceville	750	30	150	1000	0	1,930
10	St Francisville	830	30	39	500	0	1,399
10	Bridgeport	800	10	200	500	0	1,510
10	Richland	17,200	30	2,050	1,000	0	20,280
10	Wabash	28,500	100	3,500	1,000	0	33,100
10	Wayne	10,203	300	3,050	1,000	0	14,553
10	White	25,500	250	2,900	1,000	0	29,650
10	Edward Albion	9,319	250	500	1,000	0	11,069
Total		132,582	1,430	17,729	11,000	0	162,741
11	Happy Days Cairo	12,225	0	1,033	0	0	13,258
11	Southern Pride	18,337	0	1,550	0	0	19,887
11	Happy Hearts	18,337	0	1,033	0	0	19,370
11	Smiles Mounds	16,155	0	1,365	0	0	17,520
11	Sunshine Inn Anna	13,074	0	208	0	0	13,282
11	Williamson County	62,485	0	1,856	0	3,222	64,341
11	Senior Adult Services	9,243	0	51,358	0	0	60,601

11	Franklin County	46,013	0	30,236	0	6,100	76,249
----	-----------------	--------	---	--------	---	-------	--------

Planning & Service Area	Name of Nutrition Program	Number of Hot HDM Meals	Number of Cold HDM Meals	Number of Frozen HDM Meals	Number of Shelf-Stable HDM Meals	Number of Grab and Go Meals	Total Number of HDM Meals Served
11	Gold Plate	16,783	0	9,526	0	4,262	26,309
11	Golden Circle	39,566	0	3,079	0	3,285	42,645
Total		252,218	0	101,244	0	16,869	353,462

12	CDFSS/Senior Services Area Agency on Aging Home Delivered Meals Program	332,363	1,907,100	1,596,129	149,130	49,492	3,984,722
Total		332,363	1,907,100	1,596,129	149,130	49,492	3,984,722

13	AgeOptions Direct	-	12,180	0	0	0	12,180
13	Aging Care Connections	12,010	19,567	0	910	0	32,487
13	Aging Care Connections - Salerno's	0	0	10,899	420	0	11,319
13	American Association of Retired Asians	0	4,581	8,409	35	8,409	13,025
13	Arab American Family Services	0	0	37,204	812	37,204	38,016
13	Bremen Township	-	-	1,484	224	1,484	1,708
13	Calumet Township	0	0	2,142	413	2,142	2,555
13	Catholic Charities Northwest	0	5,124	0	0	0	5,124
13	Catholic Charities South Suburban	0	53,655	0	0	0	53,655
13	CCLM - Arlington Heights	0	0	4,685	0	4,685	4,685
13	CCLM - Bremen Township	51,989	2,293	9,327	1,617	0	65,226
13	CCLM - Calumet/Argento	0	0	13	0	13	13
13	CCLM - Clyde Park District	0	0	11,319	315	11,319	11,634
13	CCLM - Maine & Wheeling Twps.	40,210	5,946	13,036	2,905	0	62,097
13	CCLM - Markham	0	0	0	126	0	126
13	CCLM - Rich Twp	10,909	1,428	3,171	385	0	15,893

Planning & Service Area	Name of Nutrition Program	Number of Hot HDM Meals	Number of Cold HDM Meals	Number of Frozen HDM Meals	Number of Shelf-Stable HDM Meals	Number of Grab and Go Meals	Total Number of HDM Meals Served
13	CCLM - Thornton Township	46,702	4,530	9,661	1,421	0	62,314
13	City of Evanston - Fleetwood Jourdain	0	0	408	0	408	408
13	City of Evanston - Levy Senior Center	0	0	775	84	775	859
13	CJE Senior Life	18,039	0	47,740	4,046	0	69,825
13	CNN Bellwood	0	0	2,760	119	2,760	2,879
13	CNN - Berwyn & Cicero Townships	37,086	15,432	11,431	1,267	0	65,216
13	CNN - Bloom Twp	18,315	12,068	14,650	0	0	45,033
13	CNN - Brookfield	0	0	2,669	140	2,669	2,809
13	CNN - Calumet Township	26,677	22,928	11,085	945	0	61,635
13	CNN - Calumet/Phoenix/Robbins	0	0	4,206	0	4,206	4,206
13	CNN - Chicago Hts.	0	0	2,260	765	2,260	3,016
13	CNN - Dolton	0	0	5,116	203	5,116	5,319
13	CNN - Franklin Park	0	0	2,202	0	2,202	2,202
13	CNN - Hometown	0	0	1,912	350	1,912	2,262
13	CNN - Lemont	0	0	4,446	560	4,446	5,006
13	CNN - Lemont Township	9,970	2,535	290	0	0	12,795
13	CNN - Leyden Twp	33,686	25,275	13,111	3,045	0	75,117
13	CNN - Lyons Twp	51,720	22,288	13,580	1,953	0	89,541
13	CNN - Melrose Park	0	0	2,676	0	2,676	2,676
13	CNN - Proviso Twp	81,893	24,810	11,562	3,633	0	121,898
13	CNN - Schaumburg	0	0	8,555	700	8,555	9,255
13	CNN - Worth Twp	88,125	6,450	41,676	2,821	0	139,072
13	Hanover Township	23,287	6,547	17,390	1,435	12,670	48,659
13	Hanul Family Alliance	17,432	2,045	11,646	329	11,646	31,452

Planning & Service Area	Name of Nutrition Program	Number of Hot HDM Meals	Number of Cold HDM Meals	Number of Frozen HDM Meals	Number of Shelf-Stable HDM Meals	Number of Grab and Go Meals	Total Number of HDM Meals Served
13	Kenneth Young	29,918	3,486	55,171	350	0	88,925
13	Maywood Park District	0	0	936	357	936	1,293
13	Meals on Wheels Northeastern Niles	0	0	2,256	0	2,256	2,256
13	Metro.Asian Family Svc - Niles	0	0	368	0	368	368
13	Metro Asian Family Svc Orland Park	0	0	5,812	0	5,812	5,812
13	Metro Asian Schaumburg	0	0	5,120	0	5,120	5,120
13	North Shore Senior Center	0	16,464	0	0	0	16,464
13	Oak Park Township Senior Services	6,106	599	64,108	2,030	15,710	72,843
13	OPTSS - Dine Out	0	0	840	0	840	840
13	Our Lady of Mt.Carmel	0	0	4,375	952	4,375	5,327
13	Palatine Township Senior Citizens Council	10,656	0	7,838	0	0	18,494
13	Pathlights	31,789	20,610	26,603	3,633	0	82,635
13	Salvation Army Blue Island	0	0	13,654	602	13,654	14,256
13	Seniors Assistance Center	24,559	19,325	485	98	0	44,467
13	Seniors Assistance Center - Vince's	0	0	3,123	0	3,123	3,123
13	Solutions For Care	0	238,161	0	0	0	238,161
13	Stickney Township Office on Aging	20,787	23,938	0	0	0	44,725
13	Stickney Township Office on Aging - LSV	0	0	15,478	0	15,478	15,478
13	Stickney Township Office on Aging - North	0	0	3,474	0	3,474	3,474

13	The Ctr of Concern - Des Plaines	0	0	20,032	273	20,032	20,305
13	Village of Wheeling	0	0	9,784	3,192	9,784	12,976
13	Xilin - China Buffet (Noodle Deli)	0	0	7,059	0	7,059	7,059
13	Xilin - Super China Buffet	0	0	8,775	0	8,775	8,775
13	YMCA of Berwyn/ Cicero	0	0	3,085	1,757	3,085	4,842
Total		691,865	572,265	601,872	45,213	258,337	1,911,215
	Statewide Total	4,289,303	2,989,302	3,284,934	328,982	429,625	10,922,633

Note: The “Grab and Go” meals are not in addition to the hot, cold, frozen, and shelf stable meals but pulled from those meals if they were provided as “Grab and Go” meals.

Home Delivered Meal Types served over the past five years.

The chart below demonstrates the dramatic increase in Home Delivered Meals over the past five years with the extreme increase in the first and second year of the pandemic with a gradual decline in FY23 but still a significant increase from pre-pandemic numbers.

	HDM Hot Meals	HDM Cold Meals	HDM Frozen Meals	HDM Shelf Stable	HDM Grab and Go Meals	Total HDM Meals
2019	3,429,924	2,199,166	2,087,531	58,101	NA	7,716,621
2020	3,852,618	3,024,298	2,911,207	1,311,650	778,210	11,520,280
2021	4,577,911	3,992,932	3,215,724	540,668	1,412,808	12,226,604
2022	4,238,354	3,314,318	3,084,302	466,307	1,056,976	11,952,855
2023	4,289,303	2,989,302	3,284,934	328,982	429,625	10,922,633

Home Delivered Meals: Number of serving days per week.

The Illinois Department on Aging surveyed the thirteen Area Agencies on Aging (AAA) in September 2023 regarding the number of serving days meals are provided in each Home Delivered Meal Program. Approximately 5.4% of the nutrition sites served home delivered meals 6 to 7 days per week, 83.4% of the nutrition sites served home delivered meals 5 days per week, and 11.1% of the nutrition sites served home delivered meals 1 to 4 days per week.

PSA	Serve 6-7 days/ week	Serve 5 days/week	Serve 1-4 days/ week	Total Sites
01	0	7	0	7
02	3	34	4	41
03	1	13	0	14
04	0	10	1	11
05	1	61	0	62
06	1	1	0	2
07	0	33	14	47
08	11	2	0	13
09	0	10	0	10
10	0	13	0	13
11	0	14	0	14
12	1	49	1	51
13	1	45	19	65
Total	19	292	39	350

The following detailed information was submitted in November 2023 regarding number of serving days meals are provided in the Home Delivered Meal programs in each PSA and by meal provider.

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
01	Freeport Central Kitchen	0	1	0
01	Golden Meals 11	0	1	0
01	Lifescape	0	1	0
01	Savanna Table	0	1	0
01	Valley View	0	1	0
01	Voluntary Action Center	0	2	0
Total		0	7	0

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
02	Catholic Charities Joliet Kankakee County	1	1	0
02	Catholic Charities of the Archdiocese of Chicago – Lake County	0	3	0
02	Catholic Charities of the Archdiocese of Chicago – McHenry County	0	1	0
02	Community Nutrition and Network Senior Services Kendall County	1	0	0
02	American Association of Retired Asians	0	0	1
02	Community Nutrition Network & Senior Services Association – Grundy County	1	0	0
02	Community Nutrition Network & Senior Services Association – Will County	0	8	0
02	DuPage Senior Citizens Council	0	13	2
02	Kane Senior Council	0	8	1
Total		3	34	4
03	Henry Co. Senior Citizens	0	1	0
03	Jamieson Community Center	0	4	0
03	Voluntary Action Center	0	4	0
03	Rock Island County Senior Center	0	2	0
03	VNA Knox County	1	0	0
03	YMCA McDonough County	0	2	0
Total		1	13	0
04	Fulton County Nutrition	0	4	1
04	City of Peoria	0	1	0
04	Rural Peoria	0	1	0
04	Stark County	0	1	0
04	Marshall County	0	1	0

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
04	Woodford County	0	1	0
04	Tazewell County	0	1	0
Total		0	10	1
05	CRIS	0	1	0
05	Catholic Charities Meals on Wheels	1	0	0
05	OSF Peace Meal	0	34	0
05	SBL Peace Meal	0	26	0
Total		1	61	0
06	WCI NUTRITION PROJECT	1	1	0
Total		1	1	0
07	CAPCIL	0	1	10
07	Illinois Valley Economic Development Corporation	0	5	0
07	Meals on Wheels CEFS	0	9	1
07	GANT Senior	0	1	0
07	PCOA	0	8	2
07	SSOCI	0	9	1
Total		0	33	14
08	Bond County Senior Center	0	1	0
08	Clinton County Collaborative-Carlyle	1	0	0
08	Clinton County Collaborative-Trenton	1	0	0
08	Millstadt Senior Center	1	0	0
08	Mascoutah Senior Center	1	0	0
08	Lessie Bates Seasoned Circle Café	1	0	0
08	Northeastern Randolph Senior Center	1	0	0
08	Senior Services Plus	1	0	0
08	Steeleville Senior Center	0	1	0
08	Washington County Senior Center - Nashville	1	0	0

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
08	Washington County Senior Center Okawville	1	0	0
08	WEEOC Chester	1	0	0
08	WEEOC Waterloo	1	0	0
Total		11	2	0
09	BCMW Comm. Services	0	2	0
09	Comp Connections Meals	0	1	0
09	Meals on Wheels of CEFS	0	7	0
Total		0	10	0
10	Crawford	0	1	0
10	Jasper	0	1	0
10	Richland	0	1	0
10	Edwards Albion	0	1	0
10	Grayville	0	1	0
10	West Salem	0	1	0
10	Wayne Fairfield	0	1	0
10	Bridgeport Senior Center	0	1	0
10	Lawrenceville Senior Center	0	1	0
10	St Francisville Senior Center	0	1	0
10	Hamilton County Senior Center	0	1	0
10	White County Senior Center	0	1	0
10	Wabash WC Cafeteria	0	1	0
Total		0	13	0
11	Happy Days Cairo	0	1	0
11	Southern Pride	0	1	0
11	Smiles Mounds	0	1	0
11	Happy Hearts Metropolis	0	1	0
11	Sunshine Inn Anna	0	1	0
11	Williamson County Program	0	2	0
11	Senior Adult Services	0	1	0
11	Franklin County Senior Services	0	1	0

11	Gold Plate	0	1	0
----	------------	---	---	---

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
11	Golden Circle Hardin	0	1	0
11	Golden Circle Pope	0	1	0
11	Golden Circle Saline	0	1	0
11	Golden Circle Gallatin	0	1	0
Total		0	14	0
12	CDFSS HDM/Open Kitchen	1	0	0
12	CDFSS To Go Meal Program	0	49	1
Total		1	49	1
13	Age Options Direct	0	0	1
13	Aging Care Connections	0	1	0
13	Aging Care Connections - Salerno's	0	1	0
13	American Association of Retired Asians	0	0	1
13	Arab American Family Services	0	1	1
13	Bremen Township	0	0	1
13	Calumet Township	0	1	0
13	Catholic Charities North-west	0	0	1
13	Catholic Charities South Suburban	0	0	1
13	CCLM - Arlington Heights	0	1	0
13	CCLM - Bremen Township	0	1	0
13	CCLM - Calumet/Argento	0	1	0
13	CCLM - Clyde Park District	0	1	0
13	CCLM - Maine & Wheeling Townships	0	1	0
13	CCLM - Markham	0	1	0
13	CCLM - Rich Township	0	1	0
13	CCLM - Thornton Township	0	1	0
13	City of Evanston - Fleetwood Jourdain	0	0	1
13	City of Evanston - Levy Senior Center	0	1	0

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
13	CJE Senior Life	0	1	0
13	Bellwood	0	1	0
13	CNN - Berwyn & Cicero Townships	0	1	0
13	CNN - Bloom Township	0	1	0
13	CNN - Brookfield	0	1	0
13	CNN - Calumet Township	0	1	0
13	CNN - Calumet/Phoenix/Robbins	0	1	0
13	CNN - Chicago Heights	0	1	0
13	CNN - Dolton	0	0	1
13	CNN - Franklin Park	0	1	0
13	CNN - Hometown	0	1	0
13	CNN - Lemont	0	1	0
13	CNN - Lemont Township	0	1	0
13	CNN - Leyden Township	0	1	0
13	CNN - Lyons Township	0	1	0
13	CNN - Melrose Park	0	1	0
13	CNN - Proviso Township	0	1	0
13	CNN - Schaumburg	0	1	0
13	CNN - Worth Township	0	1	0
13	Hanover Township	0	1	0
13	Hanul Family Alliance	0	0	1
13	Kenneth Young Center	0	0	1
13	Maywood Park District	0	0	1
13	Meals on Wheels Northwestern Niles	0	1	0
13	Metro.Asian Family Svc - Niles	0	1	0
13	Metro.Asian Family Svc - Schaumburg	0	1	0
13	Metro Asian Family Svc Orland Park	0	1	0
13	North Shore Senior Center	0	0	1
13	Oak Park Township Senior Services	0	1	0
13	OPTSS - Dine Out	1	0	0
13	Our Lady of Mt. Carmel	0	0	1
13	Palatine Township Senior Citizens Council	0	0	1
13	Pathlights	0	0	1

13	Salvation Army Blue Island	0	1	0
13	Seniors Assistance Center	0	1	0

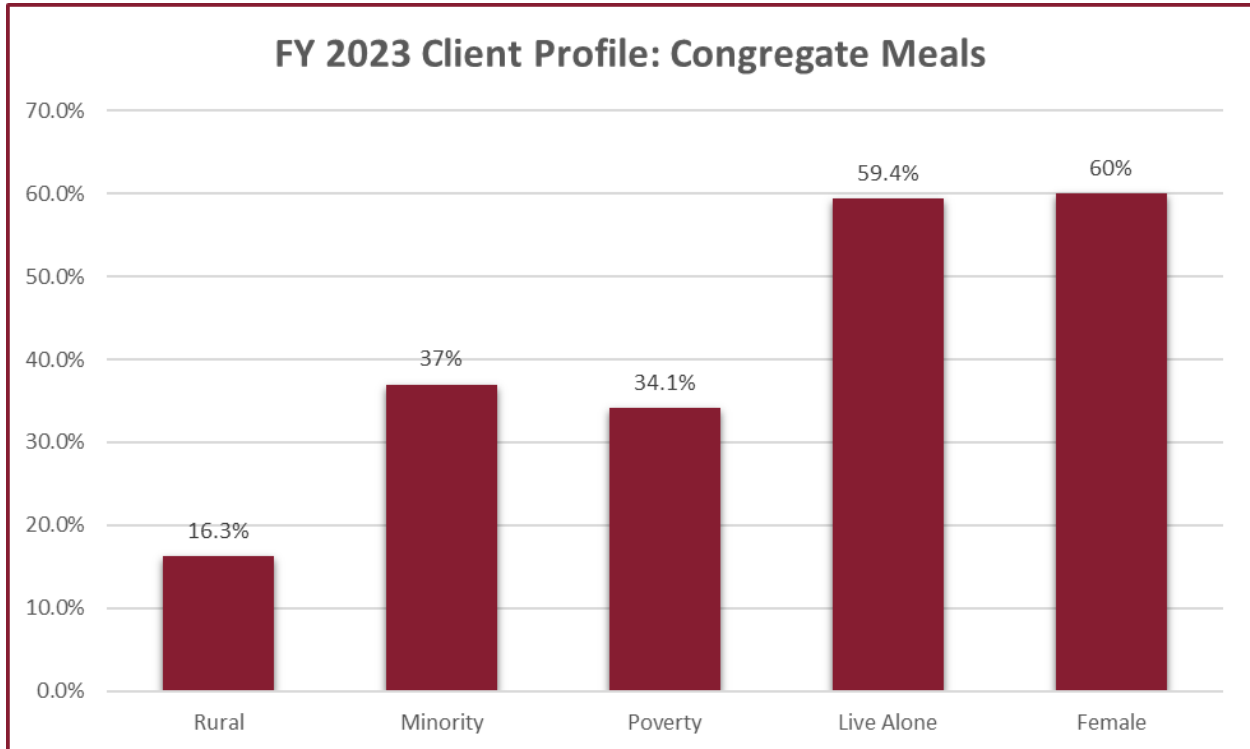
Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
13	Seniors Assistance Center - Vince's	0	0	1
13	Solutions For Care	0	0	1
13	Stickney Township Office on Aging	0	1	0
13	Stickney Township Office on Aging - LSV	0	1	0
13	Stickney Township Office on Aging - North	0	0	1
13	The Center of Concern - Des Plaines	0	0	1
13	Village of Wheeling	0	1	0
13	Xilin - China Buffet (Noodle Deli)	0	1	0
13	Xilin - Super China Buffet	0	1	0
13	YMCA of Berwyn/Cicero	0	1	0
Total		1	45	19

Illinois Congregate Meal Statistics

The following charts reflect statewide data for the Congregate meal sites throughout the state which many nutrition programs are also providing along with home delivered meals. For individuals who do not need their meal delivered, they have the option of coming to the site and eating their meal with other participants, providing a much-needed social component to the meal experience, helping to reduce social isolation and loneliness.

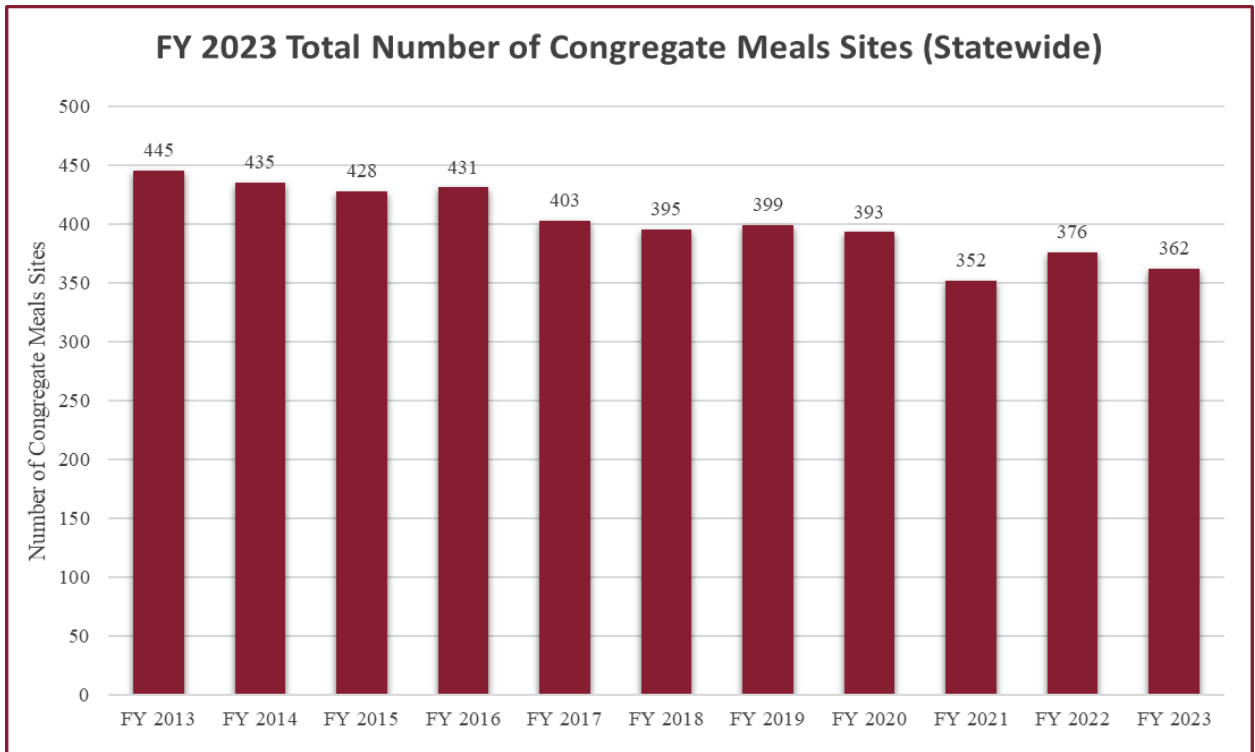
Illinois congregate participants demographics.

The below chart reflects the client profile of persons who participate in Congregate Meals. Persons who are rural, minority, poverty, living alone, and female are factors considered when determining greatest social need. Like with Home Delivered Meals, most participants are female and most live alone. More than a 1/3 of participants experience poverty and 37% are minorities while just over 16% live in rural areas.

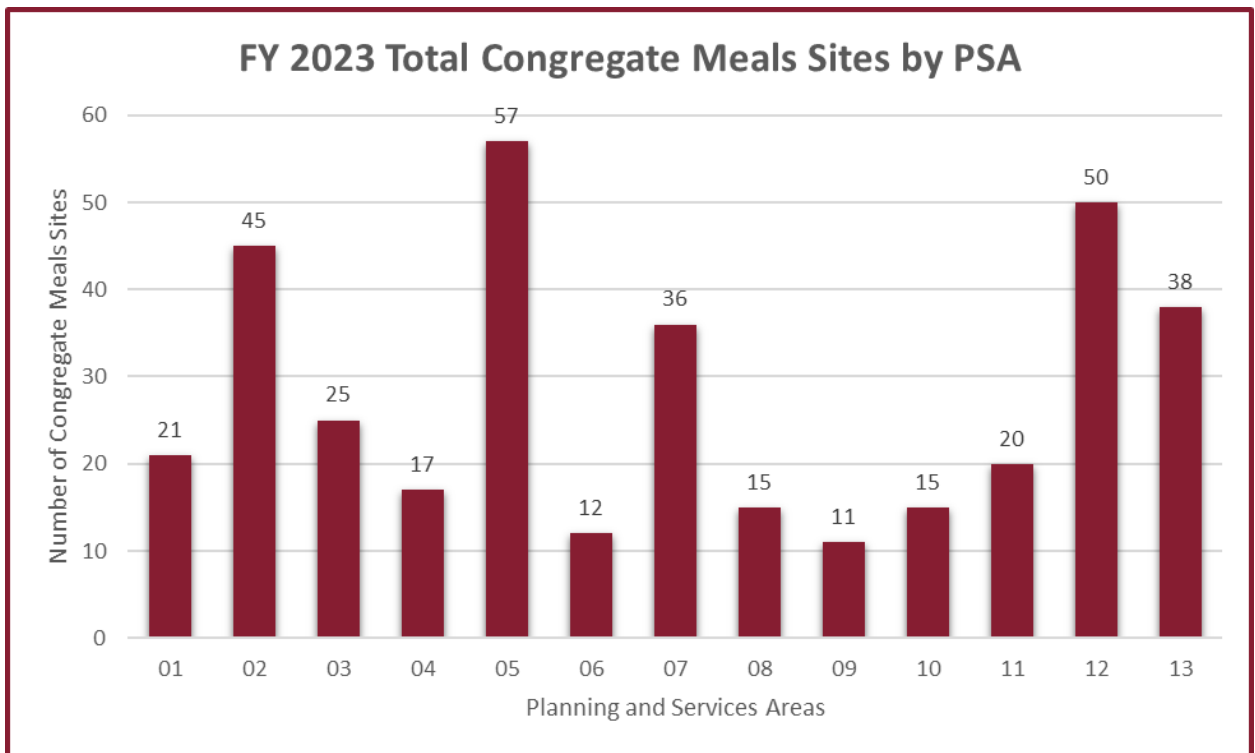


Number and type of meal sites statewide.

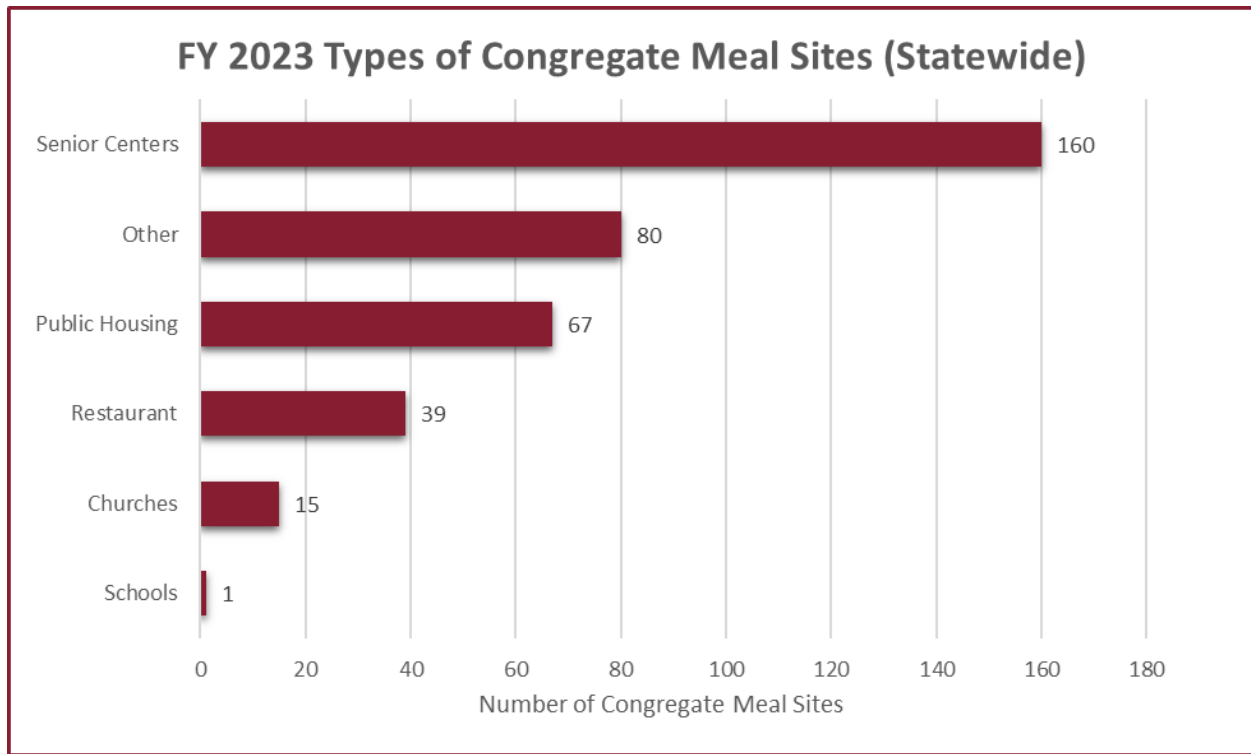
The below table reflects the number of Congregate Meal Sites across the state per fiscal year demonstrating a gradual decrease over the last several years but an encouraging increase in the last two fiscal years.



The table below reflects the number of Congregate Meal Sites per PSA in fiscal year 2023 with the metro/urban areas of the state with more sites than the rural areas of the state.

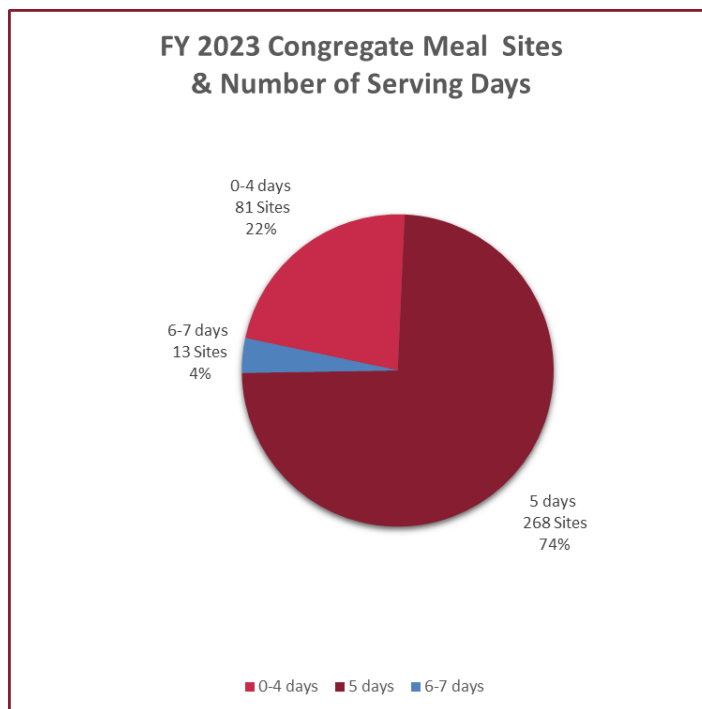


The graph below reflects the number of congregate meal sites across the state that are in senior centers, public housing, restaurants, churches, schools, or other locations with most being connected with a senior center.



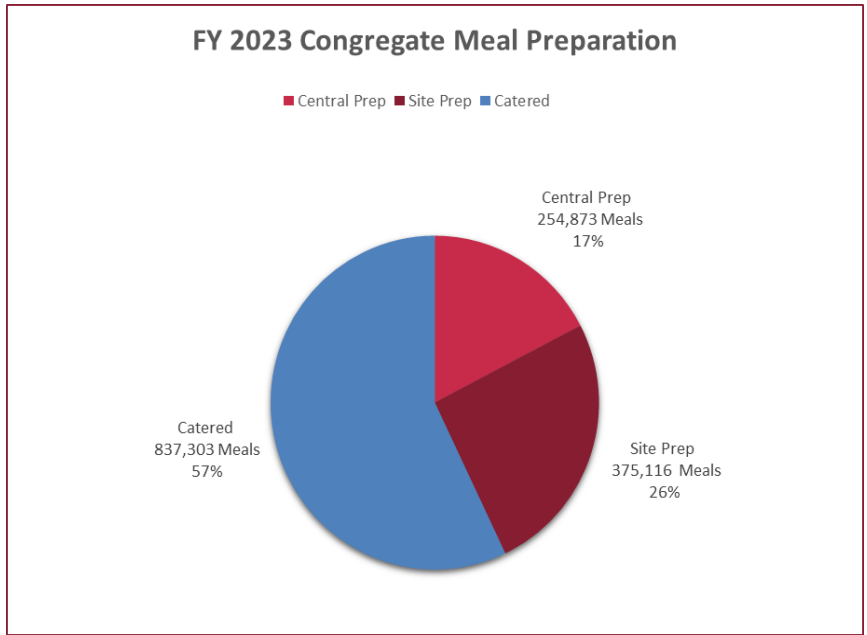
Number of days congregate meals are served.

The below chart reflects the number of congregate meal sites and days per week meals are served. Like Home Delivered Meals, most sites offer meals 5 days a week with some rural sites offering 4 or less and a few sites offering meals 6-7 days a week.



Where congregate meals are prepared.

The chart below reflects the number of congregate meals that are prepared on site (26%), at a central prep location (17%), or catered (57%). Note: Catered meals are prepared at an offsite facility and are then brought to a congregate meal site. Site Prep includes meals that are prepared on location where the congregate meals are served. Central Prep includes meals that are prepared at a central location and then delivered to satellite locations/meal sites.



Type of congregate meals provided.

The Illinois Department on Aging surveyed the 13 Area Agencies on Aging (AAA) in September 2023 with the Home Delivered Meals Survey on the number of congregate meals that were served hot or cold. Approximately 91% of the congregate meals were hot meals, 9% were cold meals and 4% were Grab and Go meals. The chart below shows the aggregate number of the different types of meals that were reported by the AAAs in the September 2023 survey, followed by a detailed chart by PSA and provider.

PSA	Hot Meals	Cold Meals	Total	Grab and Go Meals
1	64,566	2,096	66,662	300
2	87,146	18,855	106,001	0
3	64,403	0	64,403	0
4	7,414	0	7,414	0
5	175,531	0	175,531	0
6	37,604	0	37,604	0
7	72,795	1,142	73,937	0
8	99,466	0	99,466	12,439
9	30,426	0	30,426	0
10	61,394	969	62,363	32,330
11	146,573	0	146,573	14,000
12	329,662	108,087	437,749	0
13	165,254	0	165,254	0
Total	1,342,234	131,149	1,473,383	59,069

PSA	Name of Nutrition Program	Number of Hot Congregate Meals	Number of Cold Congregate Meals	Total Number of Congregate Meals Served	Grab and Go Meals
1	Lifescape - Amboy	1507	0	1,507	0
1	Lifescape Belvidere	2,944	0	2,944	0
1	Lifescape - Benton	9,360	0	9,360	0
1	Lifescape GPAC	2,110	0	2,110	0
1	Lifescape Ned's Restaurant	8,535	0	8,535	0
1	Lifescape Rochelle	3,146	0	3,146	0
1	Lifescape Valley View	2,578	0	2,578	0
1	Oregon RRC	1,470	0	1,470	0
1	Voluntary Action Center	9,778	2,096	11,874	300
1	Freeport Central Kitchen	16,778	0	16,778	0
1	Golden Meals Savannah	1772	0	1772	0
1	Golden Meals 11	4,588	0	4,588	0
Total		64,566	2,096	66,662	300
2	DuPage Senior Citizens Council	8,521	11,995	20,516	0
2	Community Nutrition Network Grundy County	17,004	0	17,004	0
2	Kane Senior Council	2,852	6,265	9,117	0
2	Catholic Charities Kankakee County	10,773	595	11,368	0
2	Community Nutrition Network Kendall County	6,229	0	6,229	0
2	Catholic Charities Lake County	8,392	0	8,392	0
2	Catholic Charities McHenry County	12,857	0	12,857	0
2	American Association of Retired Asians	5,026	0	5,026	0
2	Community Nutrition Network Senior Services Will County	15,492	0	15,492	0
Total		87,146	18,855	106,001	0

PSA	Name of Nutrition Program	Number of Hot Congregate Meals	Number of Cold Congregate Meals	Total Number of Congregate Meals Served	Grab and Go Meals
3	VAC LA Salle Main	14,930	0	14,930	0
3	Jamieson Community Center	4,273	0	4,273	0
3	Henry Co.Senior Citizens	17,260	0	17,260	0
3	McDonough YMCA	3,503	0	3,503	0
3	Putnam Community Center	1,953	0	1,953	0
3	Rock Island County	14,504	0	14,504	0
3	VNA Main site	5,063	0	5,063	0
3	Bureau County Senior Center	2,917	0	2,917	0
Total		64,403	0	64,403	0
4	Henry Nutrition Site	998	0	998	0
4	Toulon Nutrition Site	553	0	553	0
4	Fulton County	3,434	0	3,434	0
4	City of Peoria	668	0	668	0
4	Rural Peoria	762	0	762	0
4	Tazewell County	999	0	999	0
Total		7,414	0	7,414	0
5	OSF Peace Meal	112,230	0	112,230	0
5	Sarah Bush Lincoln Peace Meal	40,388	0	40,388	0
5	Catholic Charities MOW	7,469	0	7,469	0
5	CRIS Healthy Aging	15,444	0	15,444	0
Total		175,531	0	175,531	0
6	WCI Nutrition Project	37,604	0	37,604	0
Total		37,604	0	37,604	0
7	IVEDC	6,892	0	6,892	0

PSA	Name of Nutrition Program	Number of Hot Congregate Meals	Number of Cold Congregate Meals	Total Number of Congregate Meals Served	Grab and Go Meals
7	CEFS	22,235	0	22,235	0
7	CAPCIL	10,699	593	11,292	0
7	PCOA	15,195	0	15,195	0
7	SSOC	17,774	549	18,323	0
Total		72,795	1,142	73,937	0
8	Bond County Senior Center	5,194	0	5,194	322
8	Clinton County Collaborative Carlyle	3,752	0	3,752	88
8	Clinton County Collaborative Trenton	2,768	0	2,768	842
8	Mascoutah Senior Center	7,273	0	7,273	2,680
8	Millstadt Senior Center	12,715	0	12,715	2,549
8	Lessie Bates Seasoned Circle Cafe	22,847	0	22,847	0
8	Northeastern Randolph Senior Center	8,355	0	8,355	1,465
8	Senior Services Plus	9,503	0	9,503	0
8	Steeleville Senior Center	6,336	0	6,336	617
8	Washington County Senior Center Okawville	4,533	0	4,533	374
8	Washington County Senior Center Nashville	1,398	0	1,398	195
8	WEEOC Chester	9,710	0	9,710	2,390
8	WEEOC Waterloo	5,082	0	5,082	917
Total		99,466	0	99,466	12,439
9	BCMW Community Services	11,276	0	11,276	0
9	Meals on Wheels of CEFS	19,150	0	19,150	0

PSA	Name of Nutrition Program	Number of Hot Congregate Meals	Number of Cold Congregate Meals	Total Number of Congregate Meals Served	Grab and Go Meals
9	Comp Connections Meals	0	0	0	0
Total		30,426	0	30,246	0
10	Crawford Senior Center	4,439	125	4,564	3989
10	Jasper Senior Center	5,001	0	5,001	89
10	Richland Senior Center	4,998	0	4,998	3,223
10	Edwards Albion	5,598	155	5,753	4,001
10	Edwards Grayville	2,023	0	2,023	309
10	Edwards West Salem	525	0	525	201
10	Bridgeport Senior Center	640	0	640	109
10	Lawrenceville Senior Center	6,001	185	6,186	2,338
10	St. Francisville Senior Center	560	0	560	150
10	Hamilton County Senior Center	6,250	122	6,372	2,001
10	White County Senior Center	9,100	139	9,239	8,970
10	Wabash WC Cafeteria	7,959	101	8,060	3,050
10	Wayne	8,300	142	8,442	3,900
Total		61,394	969	62,363	32,330
11	Happy Days Cairo	4,129	0	4,129	474
11	Southern Pride	6,194	0	6,194	711
11	Happy Hearts Metropolis	13,950	0	13,950	1581
11	Smiles Mounds	5,580	0	5,580	632
11	Sunshine Inn Anna	4,798	0	4,798	501
11	Williamson County Programs on Aging	27,515	0	27,515	0

PSA	Name of Nutrition Program	Number of Hot Congregate Meals	Number of Cold Congregate Meals	Total Number of Congregate Meals Served	Grab and Go Meals
11	Senior Adult Services	39,958	0	39,958	6,500
11	Franklin County Senior Services	10,296	0	10,296	2,050
11	Gold Plate	7,801	0	7,801	51
11	Golden Circle Hardin	6,648	0	6,648	0
11	Golden Circle Pope	8,669	0	8,669	0
11	Golden Circle Saline	7,711	0	7,711	1,500
11	Golden Circle Gallatin	3,324	0	3,324	0
Total		146,573	0	146,573	14,000
12	Congregate Dining Program	329,662	108,087	437,749	0
13	Aging Care Connections Salerno	813	0	813	0
13	American Association of Retired Asians	1,962	0	1,962	0
13	Arab American Family Services Niles	15,045	0	15,045	0
13	Bremen Township	2,265	0	2,265	0
13	Calumet Township	10,168	0	10,168	0
13	CCLM Arlington Heights	3,999	0	3,999	0
13	CCLM Calumet/Argento	1,799	0	1,799	0
13	CCLM Clyde Park	2,973	0	2,973	0
13	CCLM Markham	2,940	0	2,940	0
13	City of Evanston Fleetwood	657	0	657	0
13	Levy Senior Center	2,566	0	2,566	0
13	CNN Bellwood	2,479	0	2,479	0

PSA	Name of Nutrition Program	Number of Hot Congregate Meals	Number of Cold Congregate Meals	Total Number of Congregate Meals Served	Grab and Go Meals
13	CNN Brookfield	4,451	0	4,451	0
13	CNN Calumet Phoenix Robbins	783	0	783	0
13	CNN Chicago Heights	4,272	0	4,272	0
13	CNN Dolton	83	0	83	0
13	CNN Franklin Park	6,778	0	6,778	0
13	CNN Hometown	5,157	0	5,157	0
13	CNN Lemont	3,527	0	3,527	0
13	CNN Melrose Park	4,407	0	4,407	0
13	CNN Schaumburg	10,218	0	10,218	0
13	Hanover Township	7,071	0	7,071	0
13	Hanul Family Alliance	1,132	0	1,132	0
13	Maywood Park District	9,873	0	9,873	0
13	Meals on Wheels of Northeastern Illinois	5,024	0	5,024	0
13	Metro Asian Family Services Niles	14,551	0	14,551	0
13	Metro Asian Family Services Orland Park	162	0	162	0
13	Metro Asian Family Services Schaumburg	3,543	0	3,543	0
13	Oak Park Township Senior Services	7,161	0	7,161	0
13	Our Lady of Mt. Carmel	4,581	0	4,581	0
13	Salvation Army Blue Island	1,586	0	1,586	0
13	Seniors Assistance Center Vince's	0	0	0	0
13	Stickney Township on Aging LSV	4,170	0	4,170	0

PSA	Name of Nutrition Program	Number of Hot Congregate Meals	Number of Cold Congregate Meals	Total Number of Congregate Meals Served	Grab and Go Meals
13	Stickney Township on Aging North	1,325	0	1,325	0
13	The Center of Concern Des Plaines	1,757	0	1,757	0
13	Village of Wheeling	5,545	0	5,545	0
13	Xilin Noodle Deli	2,368	0	2,368	0
13	Xilin China Buffet	4,600	0	4,600	0
13	YMCA of Berwyn/ Cicero	3,463	0	3,463	0
PSATotal		165,254	0	165,254	0
State Total		1,342,234	131,149	1,473,383	59,069

The following chart outlines the number of hot, cold, and grab-n-go meals over the last five fiscal years demonstrating an increase in cold meal offerings over this period of time along with the new grab-n-go option in FY23.

Year	Hot Congregate Meals	Cold Congregate Meals	Total Congregate Meals	Grab and Go Congregate Meals
2019	2,148,519	95,571	2,244,353	0
2020	884,949	57,790	942,793	0
2021	193,544	17,952	211,496	0
2022	697,407	58,677	756,084	0
2023	1,342,234	131,149	1,473,383	59,069

Congregate meals: Number of serving days per week.

The Illinois Department on Aging surveyed the thirteen Area Agencies on Aging (AAA) in September, 2023 on the number of available serving days at each nutrition program site under the Congregate Meal Program. Approximately 3.7% of the nutrition sites served congregare meals 6 to 7 days per week, 77.6% of the nutrition sites served congregare meals 5 days per week, and 18.6% of the nutrition sites served congregare meals 1 to 4 days per week. Congregate Meal sites included those that were open from the period of October 1, 2022, to September 30, 2023.

PSA	Serve 6-7 days/week	Serve 5 days/week	Serve 1-4 days/week	Total sites
01	1	12	0	13
02	6	5	37	48
03	0	16	2	18

04	0	12	3	15
05	5	56	1	62
06	1	10	1	12
07	0	26	5	31
08	0	11	3	14
09	0	10	0	10
10	0	13	0	13
11	0	17	3	20
12	0	49	1	50
13	0	30	8	38
Total	13	267	64	344

The following chart is a detailed breakdown of number of days meals are served by PSA and meal provider.

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
01	Golden Meals Freeport	0	1	0
01	Golden Meals Savanna Table	0	1	0
01	Golden Meals 11	0	1	0
01	Lifescape – Dixon	0	0	0
01	Lifescape - Rochelle	0	1	0
01	Lifescape – Amboy	0	1	0
01	Lifescape - Benton St.	1	0	0
01	Lifescape – GPAC	0	1	0
01	Lifescape - Keen Age Center	0	1	0
01	Lifescape - Ned’s Rest.	0	1	0
01	Lifescape - Rock River Center	0	1	0
01	Lifescape - Valley View	0	1	0
01	Voluntary Action Center	0	2	0
Total		1	12	0
02	American Association of Retired Asians	0	0	3
02	Catholic Charities of the Archdiocese of Chicago - Lake County	0	0	8

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
02	Catholic Charities of the Archdiocese of Chicago - McHenry County	0	1	3
02	Community Nutrition and Net-work Senior Services – Kendall County	1	0	3
02	Community Nutrition and Network Senior Services – Will County	0	2	8
02	Community Nutrition Network & Senior Services Association – Grundy County	4	1	4
02	DSW - Age Guide – Kankakee County	1	0	2
02	DuPage Senior Citizens Council	0	1	3
02	Kane Senior Council	0	0	3
Total		6	5	37
03	Bureau County Senior Center	0	1	0
03	Henry Co. Senior Citizens	0	1	0
03	Jamieson Community Center	0	1	2
03	McDonough YMCA	0	2	0
03	Putnam Community Center	0	1	0
03	Rock Island County Senior Center	0	4	0
03	Voluntary Action Center	0	4	0
03	VNA Knox County	0	2	0
Total		0	16	2
04	City of Peoria Congregate	0	5	0
04	Fulton County Nutrition	0	4	1
04	MSW - Henry Nutrition Site	0	1	0
04	MSW - Toulon Nutrition Site	0	1	0
04	Rural Peoria Congregate	0	0	2
04	Tremont Community Center	0	1	0
Total		0	12	3

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
05	CRIS	1	8	1
05	Catholic Charities MOW	0	3	0
05	OSF Peace Meal	2	28	0
05	SBL Peace Meal	2	17	0
Total		5	56	1
06	WCI Nutrition Project	1	10	1
Total		1	10	1
07	CAPCIL	0	2	2
07	Illinois Valley Economic Development Corporation	0	5	0
07	Meals on Wheels of CEFS	0	6	0
07	PCOA	0	8	2
07	SSOCI	0	5	1
Total		0	26	5
08	Bond County Senior Center	0	1	0
08	Clinton County Collaborative -Carlyle	0	1	0
08	Clinton County Collaborative - Trenton	0	1	1
08	Lessie Bates Seasoned Circle Café	0	1	0
08	Mascoutah Senior Center	0	1	0
08	Millstadt Senior Center	0	1	0
08	Northeastern Randolph Senior Center	0	1	0
08	Senior Services Plus	0	1	0
08	Steeleville Senior Center	0	1	0
08	Washington County Senior Center – Nashville	0	1	0
08	Washington County Senior Center – Okawville	0	1	0
08	WEEOC – Chester	0	0	1
08	WEEOC – Waterloo	0	0	1
Total		0	11	3

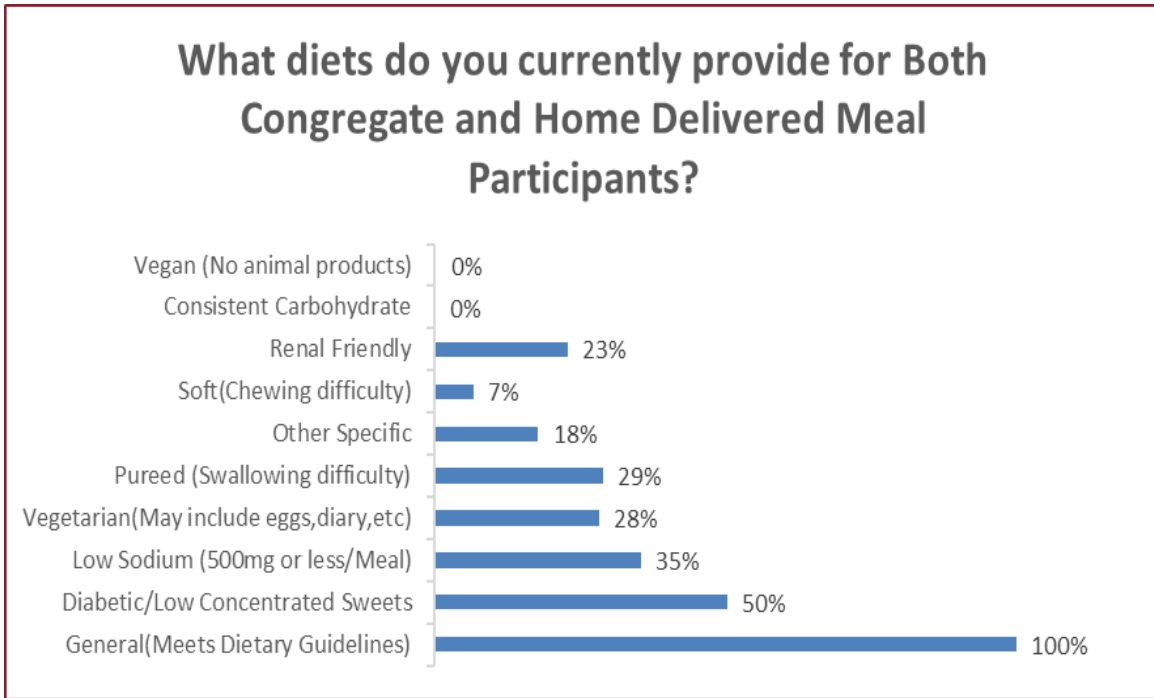
Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
09	BCMW Comm. Services	0	2	0
09	Comp Connections Meals	0	1	0
09	Meals on Wheels of CEFS	0	7	0
Total		0	10	0
10	Crawford Senior Center	0	1	0
10	Albion Senior Center	0	1	0
10	West Salem Senior Center	0	1	0
10	Jasper Senior Center	0	1	0
10	Grayville Senior Center	0	1	0
10	Richland Senior Center	0	1	0
10	Fairfield Senior Center	0	1	0
10	Bridgeport Senior Center	0	1	0
10	Lawrenceville Senior Center	0	1	0
10	St Francisville Senior Center	0	1	0
10	Wabash WC Cafeteria	0	1	0
10	Hamilton County Senior Center	0	1	0
10	White County Senior Center	0	1	0
Total		0	13	0
11	Happy Days Cairo	0	1	0
11	Southern Pride	0	1	0
11	Happy Hearts Metropolis	0	1	0
11	Smiles Mounds	0	1	0
11	Sunshine Inn Anna	0	1	0
11	Williamson County	0	3	0
11	Senior Adult Services	0	2	0
11	Franklin County Senior Services	0	1	0
11	Gold Plate	0	1	3
11	Hardin	0	1	0
11	Pope	0	1	0
11	Saline	0	2	0
11	Gallatin	0	1	0
Total		0	17	3
12	CDFSS/Senior Services Area Agency on Aging	0	49	1

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
Total (PSA 12)		0	49	1
13	Bremen Township	0	0	1
13	Calumet Township	0	1	0
13	Aging Care Connections Salerno	0	1	0
13	American Association of Retired Asians	0	0	1
13	Arab American Family Services	0	1	0
13	CCLM - Arlington Heights	0	1	0
13	CCLM - Calumet/Argento	0	1	0
13	CCLM - Clyde Park District	0	1	0
13	CCLM – Markham	0	1	0
13	City of Evanston Fleetwood Jourdan	0	0	1
13	City of Evanston - Levy Senior Center	0	1	0
13	CNN – Brookfield	0	1	0
13	CNN Bellwood	0	1	0
13	CNN Calumet /Phoenix/ Robbins	0	1	0
13	CNN - Chicago Heights	0	1	0
13	CNN - Franklin Park	0	1	0
13	CNN Dolton	0	0	1
13	CNN – Hometown	0	1	0
13	CNN – Lemont	0	1	0
13	CNN - Melrose Park	0	1	0
13	CNN – Schaumburg	0	1	0
13	Hanover Township	0	1	0
13	Hanul Family Alliance	0	0	1
13	Maywood Park District	0	1	0
13	Meals on Wheels Niles Senior Center	0	1	0
13	Metro.Asian Family Svc – Niles	0	1	0
13	Metro.Asian Family Svc – Schaumburg	0	1	0
13	Metro Asian Family Services Orland Park	0	1	0

Planning & Service Area	Name of Nutrition Program	Number of Sites Serving 6-7 Days per Week	Number of Sites Serving 5 Days per Week	Number of Sites Serving 1-4 Days per Week
13	Oak Park Township Senior Services	0	1	0
13	Our Lady of Mt. Carmel	0	1	0
13	Salvation Army Blue Island	0	1	0
13	Stickney Township Office on Aging – LSV	0	1	0
13	Stickney Township Office on Aging – North	0	0	1
13	The Center of Concern - Des Plaines	0	0	1
13	Village of Wheeling	0	1	0
13	Xilin Noodle Deli	0	1	0
13	Xilin China Buffet	0	0	1
13	YMCA of Berwyn/Cicero	0	1	0
Total		0	30	8

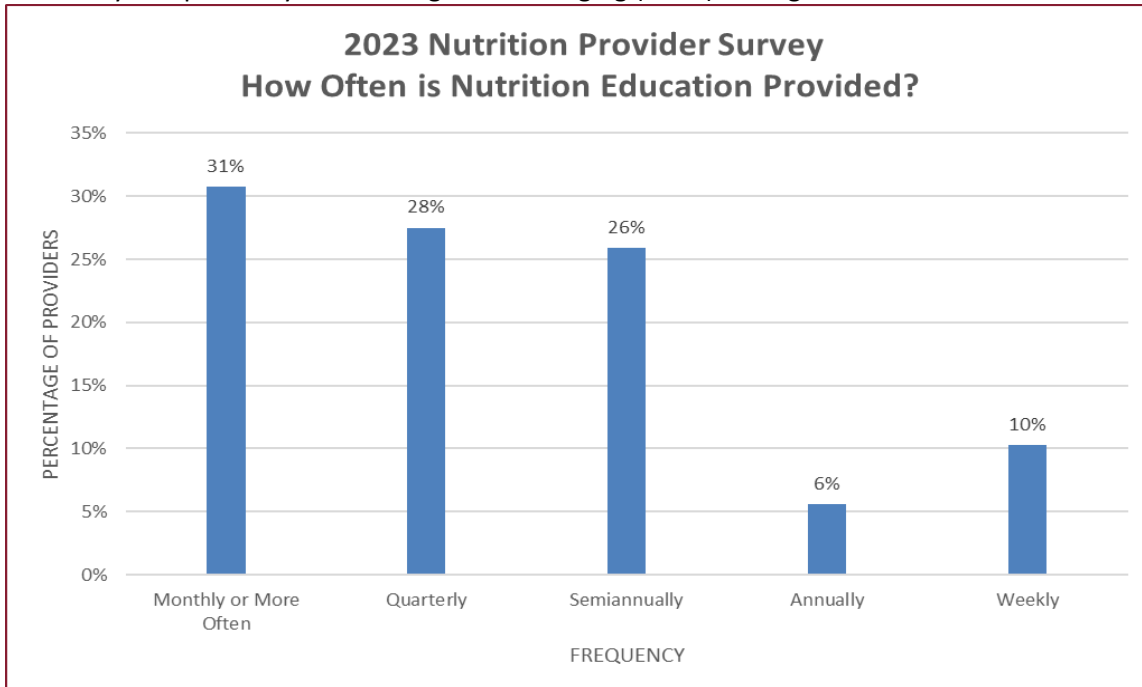
Types of diets offered through nutrition programs.

Types of diets offered at Congregate and Home Delivered meal sites vary throughout the state. In FY 2023, as demonstrated in the chart below, the top three types of diets offered at home delivered and congregate meal sites were General (100%), Diabetic (50%), and Low Sodium (35%).



Nutrition education.

Nutrition education is provided to participants either at a Congregate site or virtually in some programs. The frequency of nutrition education is shown in the chart below. This information was obtained in September 2023 from the Home Delivered Meal Survey completed by the Area Agencies on Aging (AAAs) throughout the state.



Average number of older adults served meals each day.

The Illinois Department on Aging surveyed the 13 Area Agencies on Aging (AAA) in September 2023 on the average number of

persons served each day with congregate meals and home delivered meals by nutrition program. The average number of persons served per day by the congregate meal program in FY 2023 was 10,523 which was an increase from 6,111 in FY 2022. The average number of persons served per day by the home delivered meal program in FY 2023 was 39,595 which was an increase from 32,986 in FY2022.

The following charts include the number of persons served congregate and home delivered meals each serving day for each PSA in the state.

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
01	Boone	Keen Age Center	11	0
01	Boone	Ned's Rest	33	0
01	Carroll	Savanna Table	20	150
01	DeKalb	Taylor Street Plaza	30	0
01	DeKalb	FVOAS	30	40
01	Jo Daviess	Savanna Table	0	80
01	Lee	Amboy	6	0
01	DeKalb	Sycamore Kitchen	0	260
01	Ogle	Rochelle	12	0
01	Ogle	Oregon RRC	5	0
01	Stephenson	Freeport Central Kitchen	40	285
01	Whiteside	Golden Meals 11	60	170
01	Winnebago	Benton St.Diner	36	0
01	Winnebago	GPAC	8	0
01	Winnebago	Valley View	10	0
01	Winnebago	Lifescape	0	1410
Total	9 Counties		301	2395
02	DuPage	Downers Grove Senior Center	15	55
02	DuPage	Abbingtion Banquets	600	0
02	DuPage	Castle Towers Bensenville	0	120
02	DuPage	Peace Memorial Manor – Downers Grove	10	25
02	DuPage	Glendale Heights Center for Sr. Citizens	15	95
02	DuPage	York Township Senior Center	0	100
02	DuPage	Mercy Housing Marian Park	0	95
02	DuPage	Addison Park District	0	40

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
02	DuPage	Bloomington Township Senior Center	0	80
02	DuPage	Alfred Rubin Riverwalk Community Center	0	110
02	DuPage	Westmont Park District	0	155
02	DuPage	305 Truck East DuPage	0	40
02	DuPage	303 Truck Northwest DuPage	0	45
02	DuPage	306 Truck Southern DuPage	0	40
02	DuPage	DuPage Senior Citizens Council Grab and Go	0	100
02	DuPage	DuPage Sherriff Office Grab and Go	0	400
02	Grundy	Saratoga Towers	17	98
02	Grundy	Coal City Lions Club	22	0
02	Grundy	Mazon American Legion	32	0
02	Grundy	Village of Minooka	37	0
02	Grundy	R Place Congregate	18	0
02	Grundy	Whistle Stop Cafe	7	0
02	Grundy	Morris Chop Shop Restaurant	21	0
02	Grundy	Maria's Pizzeria Ristorante	6	0
02	Grundy	Weits Cafe	6	0
02	Kane	Elgin Senior Services Associates	30	90
02	Kane	Gaslite Manor	300	0
02	Kane	United Methodist Church of Geneva	0	75
02	Kane	Greencastle North Aurora	0	100
02	Kane	Truck Aurora 109	0	65
02	Kane	Truck West Kane 110	0	55
02	Kane	Truck North Kane 111	0	65
02	Kane	Truck Elgin 112	0	55
02	Kane	Truck Southwest Kane 113	0	30
02	Kane	Kane Senior Council	0	100
02	Kane	Senior Citizens Council DuPage Grab and Go	300	0
02	Kankakee	Pembroke Township Senior Center	25	0

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
02	Kankakee	Ralph J Bailey Center	24	0
02	Kankakee	Lori's Restaurant Senior Dine	22	44
02	Kankakee	Catholic Charities of Joliet	0	3,950
02	Kendall	Beecher Community Center	35	131
02	Kendall	Dakotas Bar and Grill	9	0
02	Kendall	Planet Pizza	1	0
02	Kendall	Oswego Senior Center	51	0
02	Lake	Schreiber Center	81	170
02	Lake	Island Lake Cafe	102	0
02	Lake	Maravela's Banquet Hall	553	0
02	Lake	Foss Park District	51	0
02	Lake	Antioch Lake Villa Township	157	50
02	Lake	Hanul Family Alliance	126	0
02	Lake	Patricia Jones Center Waukegan Township	0	200
02	Lake	Lambs Farm Magnolia Cafe	50	0
02	McHenry	McHenry Senior Center	10	320
02	McHenry	Dorr Township	15	0
02	McHenry	Marengo Park District	15	0
02	McHenry	Walden Oaks Apartments	60	0
02	Will	Senior Services of Will County	29	192
02	Will	Frankfort Township	25	44
02	Will	Guy A.Sell Apts.	25	29
02	Will	J & S Levy Center	112	167
02	Will	Joshua Arms	25	56
02	Will	Lockport Township	12	76
02	Will	Park Towers Joliet	20	0
02	Will	Troy Township	30	0
02	Will	St.Paul United Church of Christ	0	76
02	Will	Wilmington Lions Club	0	30
02	Will	Channahon United Methodist Church	85	0
02	Will	Sara's Grill	63	0
02	Will	Bolingbrook Community Center	55	0
02	Will	Osho Desi Diner	55	0
Total	8 Counties		3359	7768

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
03	Bureau	Voluntary Action Center	12	0
03	Henderson	Jamieson Community Center	3	30
03	Henry	Henry County Senior Citizens	69	215
03	Knox	VNA Community Services	20	177
03	LaSalle	Voluntary Action Center	59	435
03	McDonough	YMCA of McDonough County	14	116
03	Mercer	Jamieson Community Center	8	67
03	Putnam	Putnam Community Center	8	0
03	Putnam	Voluntary Action Center	0	78
03	Rock Island	RI County Senior Center	59	541
03	Warren	Jamieson Community Center	6	84
Total	10 Counties		258	1,743
04	Marshall	Henry Nutrition Site	8	0
04	Marshall	Henry	0	34
04	Marshall	Lacon	0	18
04	Marshall	Sparland	0	4
04	Marshall	Toluca/Varna	0	21
04	Marshall	Wenona Nutrition Site	0	5
04	Stark	Toulon Nutrition Site	7	15
04	Stark	Wyoming Nutrition Site	0	11
04	Stark	Bradford	0	6
04	Stark	La Fayette	0	3
04	Woodford	Washburn Nutrition Site	0	8
04	Woodford	Benson/Roanoke	0	6
04	Woodford	Metamora	0	6
04	Fulton	Canton Maple Manor	21	218
04	Fulton	Cuba Senior Center	12	42
04	Fulton	Lewistown Nazarene Church	20	83
04	Fulton	Lewistown SRT	2	29
04	Fulton	South Fulton Senior Ct Astoria	13	34
04	Peoria	Heartland Apartments	11	61
04	Peoria	South Side Manor	18	36
04	Peoria	Saint Sharbel Apartments	25	32
04	Peoria	Sterling Towers	23	58
04	Peoria	Pearce Community Center	65	111
04	Peoria	Heritage Princeville Museum	8	40
04	Tazewell	Tremont Comm Center	30	20

Planning & Service Area	Name of County	Name of Nutrition Site/Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
04	Tazewell	Grace United Meth Church	0	222
04	Peoria	City of Peoria	0	509
04	Peoria	Rural Peoria	0	281
Total	6 Counties		263	1,913
05	Champaign	Champaign HDM	0	243
05	Champaign	Rural Champaign	0	111
05	Champaign	Champaign Housing	10	0
05	Champaign	Homer	4	7
05	Champaign	Ludlow	13	4
05	Champaign	Rantoul	8	75
05	Clark	Casey	4	41
05	Clark	Martinsville	0	17
05	Coles	Charleston	22	75
05	Coles	Mattoon	16	169
05	Coles	Life Span	14	0
05	Coles	Oakland	4	18
05	Cumberland	Toledo	8	89
05	De Witt	Clinton	1	42
05	De Witt	Farmer City Site	2	17
05	De Witt	Farmer City Restaurant	10	0
05	De Witt	Weldon	2	4
05	Douglas	Arcola	0	6
05	Douglas	Arthur	0	1
05	Douglas	Atwood	0	7
05	Douglas	Murdock	0	6
05	Douglas	Tuscola	5	20
05	Douglas	Villa Grove	1	20
05	Edgar	Brocton	0	7
05	Edgar	Chrisman	0	2
05	Edgar	Hume	0	5
05	Edgar	Kansas	0	11
05	Edgar	Paris	6	25
05	Edgar	Paris Restaurant	15	0
05	Ford	Gibson City	4	0
05	Ford	Paxton	7	33
05	Ford	Roberts	10	6

Planning & Service Area	Name of County	Name of Nutrition Site/Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
05	Iroquois	Cissna Park DQ	162	27
05	Iroquois	Cissna Park Restaurant	9	0
05	Iroquois	Iroquois County Rural	0	3
05	Iroquois	Milford	2	7
05	Iroquois	Watseka	26	0
05	Livingston	Dwight	9	37
05	Livingston	Pontiac	0	88
05	Livingston	Flanagan	0	31
05	Livingston	Streator	0	10
05	Macon	Catholic Charities	0	355
05	Macon	Oxford House	13	0
05	Macon	The Woods	8	0
05	Macon	Senior Center	9	0
05	McLean	Bloomington HDM	4	328
05	McLean	Bloomington Lincoln Towers	5	18
05	McLean	Bloomington Phoenix Towers	35	0
05	McLean	Bloomington Woodhill Towers	21	20
05	McLean	McLean County Rural	0	45
05	McLean	Chenoa	13	9
05	McLean	Danvers	2	8
05	McLean	LeRoy	3	16
05	McLean	Lexington	5	7
05	McLean	Normal	33	0
05	McLean	Saybrook	0	4
05	McLean	Western Avenue	5	0
05	McLean	Heyworth	0	10
05	McLean	Miller Park	0	0
05	Moultrie	Bethany	20	11
05	Moultrie	Sullivan	9	26
05	Piatt	Bement	0	5
05	Piatt	Monticello	7	18
05	Piatt	Holly's Country Kitchen	6	0
05	Piatt	Rural Piatt County	0	33
05	Shelby	Findlay	1	10
05	Shelby	Herrick	15	21
05	Shelby	Moweaqua	0	9
05	Shelby	Shelbyville	5	62

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
05	Shelby	Windsor	4	15
05	Vermilion	112 Cafe	0	0
05	Vermilion	Off the Bone BBQ	1	0
05	Vermilion	McDonalds Georgetown	1	0
05	Vermilion	CRIS Healthy Aging	20	326
05	Vermilion	McDonalds Hoopeston	0	0
05	Vermilion	Cahill's Family Pancake House	11	0
05	Vermilion	Gilbert Street Café	23	0
05	Vermilion	Hoopeston Multi Agency	9	1
Total	16 Counties		662	2,621
06	Adams	Quincy Senior Center	64	202
06	Adams	Harvest Hills	4	4
06	Adams	Lampe	16	9
06	Adams	Sunset Apartments	18	5
06	Brown	Versailles	4	0
06	Brown	Mt Sterling	8	10
06	Calhoun	Hardin	13	17
06	Hancock	Carthage	6	12
06	Hancock	Hamilton Senior Center	5	16
06	Pike	Pittsfield	2	27
06	Pike	Barry	0	9
06	Schuyler	Browning Senior Center	4	0
06	Schuyler	Rushville	8	5
Total	6 Counties		152	316
07	Cass	Ashland	0	15
07	Cass	Beardstown	43	74
07	Cass	Virginia	21	38
07	Christian	Assumption	0	18
07	Christian	Kincaid	50	25
07	Christian	Morrisonville	22	18
07	Christian	Pana	71	19
07	Christian	Taylorville	143	135
07	Greene	IVEDC	43	237
07	Jersey	IVEDC	19	184
07	Logan	Friendship Manor	31	30

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
07	Logan	Logan Courts	32	29
07	Logan	Atlanta	0	12
07	Logan	Hartsburg Emden	0	5
07	Logan	Corner Cafe	18	15
07	Logan	Lincoln	0	173
07	Logan	Mt. Pulaski	0	21
07	Logan	New Holland	0	2
07	Logan	New Holland Café	59	0
07	Macoupin	Illinois Valley Economic Development Corporation	84	458
07	Mason	Forest City/Manito	0	26
07	Mason	Havana	0	49
07	Mason	Mason City	0	25
07	Mason	Topeka	0	11
07	Mason	Riverside Club	16	0
07	Mason	CAPCIL Easton	0	9
07	Menard	Athens	19	33
07	Menard	Greenview	21	36
07	Menard	Petersburg	22	114
07	Menard	Tallula	21	9
07	Montgomery	Litchfield	49	113
07	Montgomery	Raymond	0	26
07	Montgomery	Witt	0	20
07	Montgomery	Hillsboro	66	107
07	Montgomery	Fillmore	0	11
07	Morgan	Beecher High Rise	26	11
07	Morgan	Turner High Rise	0	146
07	Morgan	Laborer's Home	16	28
07	Morgan	Meredosia	75	19
07	Morgan	Waverly	71	21
07	Morgan	Senior Center	30	0
07	Sangamon	Auburn	0	20
07	Sangamon	Divernon	0	10
07	Sangamon	Chatham	17	45
07	Sangamon	Pawnee	0	28
07	Sangamon	Sherman/Williamsville	0	29
07	Sangamon	Springfield	320	596

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
07	Sangamon	Salvation Army	0	94
07	Scott	Winchester	0	27
07	Scott	Bluffs	20	15
Total	12 Counties		1425	3,186
08	Bond	Bond County Senior Center	22	94
08	Clinton	Clinton County Collaborative – Carlyle	17	109
08	Clinton	Clinton County Collaborative – Trenton	13	65
08	Madison	Senior Services Plus Alton	30	700
08	Madison	Senior Services Plus Granite City	10	90
08	Monroe	WEEOC – Waterloo	26	140
08	Randolph	Northeastern Randolph Senior Center	28	57
08	Randolph	Steeleville Senior Center	25	11
08	Randolph	WEEOC – Chester	31	114
08	St.Clair	Mascoutah Senior Center	23	65
08	St.Clair	Millstadt Senior Center	29	60
08	St.Clair	Lessie Bates Seasoned Circle Café	67	402
08	Washington	Washington County Senior Center – Okawville	20	74
08	Washington	Washington County Senior Center – Nashville	10	32
Total	7 Counties		351	2,013
09	Clay	CEFS Flora	20	120
09	Clay	CEFS Louisville	0	25
09	Clay	CEFS Clay City	30	230
09	Effingham	CEFS Altamont	10	50
09	Effingham	CEFS Dieterich	50	100
09	Effingham	CEFS Effingham/Evening Meal	0	0
09	Effingham	CEFS Effingham	30	240
09	Effingham	CEFS Teutopolis	0	50
09	Effingham	CEFS Beecher City	10	45
09	Fayette	CEFS Vandalia	40	200
09	Fayette	CEFS Ramsey	20	40
09	Jefferson	Comprehensive Connections	20	250
09	Marion	BCMw Centralia	40	300
09	Marion	BCMw Salem	30	200

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
Total	5 Counties		300	1,850
10	Crawford	Crawford Senior Center	10	70
10	Edwards	Albion	30	85
10	Edwards	Grayville	10	38
10	Edwards	West Salem	10	25
10	Hamilton	McLeansboro	15	40
10	Jasper	Jasper	10	40
10	Lawrence	Bridgeport	10	45
10	Lawrence	Lawrenceville	52	25
10	Lawrence	St. Francisville	0	0
10	Richland	Richland Senior Center	20	90
10	Wabash	WC Cafeteria & Senior Center	24	80
10	Wayne	Fairfield	43	50
10	White	Carmi	25	90
Total	9 Counties		259	678
11	Alexander	Happy Days-Cairo	18	56
11	Franklin	Franklin County Sr.Services	50	306
11	Gallatin	Golden Circle	12	21
11	Hardin	Golden Circle	24	59
11	Jackson	Senior Adult Services	173	244
11	Johnson	Southern Pride	27	84
11	Massac	Happy Hearts Metropolis	60	56
11	Perry	Gold Plate	33	98
11	Pope	Golden Circle	31	23
11	Pulaski	Smiles Mounds	24	74
11	Saline	Golden Circle	28	200
11	Union	Sunshine Inn Anna	19	60
11	Williamson	Williamson County Program on Aging	90	246
Total	13 Counties		589	1,527
12	Cook (Chicago)	Chinese Community Center	205	14
12	Cook (Chicago)	Hanul Family Alliance	49	18
12	Cook (Chicago)	Indo American Center	16	12
12	Cook (Chicago)	Metropolitan Asian Family Serv	51	19
12	Cook (Chicago)	Southeast Asia Center	44	38
12	Cook (Chicago)	Paul G.Stewart Apartments	26	2
12	Cook (Chicago)	Central West Regional Center	40	1

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
12	Cook (Chicago)	Racine Apartments	28	3
12	Cook (Chicago)	Montrose Baptist Church	14	1
12	Cook (Chicago)	Gaines Apartments	21	2
12	Cook (Chicago)	Judge Green Apartments	15	2
12	Cook (Chicago)	91 st & S.Chicago Apartments	36	4
12	Cook (Chicago)	Division/LaSalle Apartments	26	1
12	Cook (Chicago)	Southeast Regional Center	42	1
12	Cook (Chicago)	Northwest Regional Center	63	1
12	Cook (Chicago)	Montclare Senior Residences	20	2
12	Cook (Chicago)	Minnie Riperton Apartments	42	4
12	Cook (Chicago)	Hilliard Apartments	33	3
12	Cook (Chicago)	Lincoln Perry Apartments	32	4
12	Cook (Chicago)	Ada S. McKinley Apartments	22	2
12	Cook (Chicago)	Sullivan Apartments	30	4
12	Cook (Chicago)	Vivian Carter Apartments	36	3
12	Cook (Chicago)	Portage Park Satellite	37	3
12	Cook (Chicago)	Southwest Regional Center	54	1
12	Cook (Chicago)	Garfield Ridge Satellite Senior Ct.	18	1
12	Cook (Chicago)	Japanese American Service Center	29	6
12	Cook (Chicago)	Dickens/Burling Apts.	25	2
12	Cook (Chicago)	Fisher Apartments	29	6
12	Cook (Chicago)	North Center Senior Satellite	29	2
12	Cook (Chicago)	Edgewater Satellite Senior Center	45	3
12	Cook (Chicago)	Abbott Park Satellite Senior Center	14	1
12	Cook (Chicago)	Englewood Senior Satellite Center	35	2
12	Cook (Chicago)	Clark/Irving Apartments	43	8
12	Cook (Chicago)	Lincoln/Sheffield Apartments	29	3
12	Cook (Chicago)	Schneider Apartments	16	14
12	Cook (Chicago)	Devon/Sheridan Apartments	47	8
12	Cook (Chicago)	WestTown Logan Square Satellite	32	1
12	Cook (Chicago)	Center on Halsted	57	2
12	Cook (Chicago)	Sheridan/Leland Apartments	49	9
12	Cook (Chicago)	Austin Satellite Senior Center	27	1
12	Cook (Chicago)	Britton Budd Apartments	30	2
12	Cook (Chicago)	Northeast Regional Center	72	3

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
12	Cook (Chicago)	Pilsen Satellite Senior Center	19	1
12	Cook (Chicago)	South Chicago Satellite Center	18	1
12	Cook (Chicago)	Roseland Satellite Senior Center	34	4
12	Cook (Chicago)	Auburn Gresham Satellite Center	20	2
12	Cook (Chicago)	Chatham Satellite Senior Center	28	2
12	Cook (Chicago)	Norwood Park Satellite	25	2
12	Cook (Chicago)	Kelvyn Park Satellite Center	39	2
12	Cook (Chicago)	Fannie Emmanuel Apts.	40	0
12	Cook (Chicago)	Home Delivered Meals Program	0	7,673
Total	1 County (City)		1,831	7,906
13	Cook (Suburban)	AgeOptions Direct	0	55
13	Cook (Suburban)	Aging Care Connections	0	76
13	Cook (Suburban)	Aging Care Connections – Salerno’s	3	44
13	Cook (Suburban)	American Association of Retired Asians	9	70
13	Cook (Suburban)	Arab American Family Services Bridgeview	0	179
13	Cook (Suburban)	Arab American Family Services Niles	110	0
13	Cook (Suburban)	Bremen Township	9	8
13	Cook (Suburban)	Calumet Township	41	9
13	Cook (Suburban)	Catholic Charities Northwest	0	9
13	Cook (Suburban)	Catholic Charities South Suburban	0	73
13	Cook (Suburban)	CCLM – Arlington Heights	16	19
13	Cook (Suburban)	CCLM – Bremen Township	0	266
13	Cook (Suburban)	CCLM – Calumet/Argento	7	1
13	Cook (Suburban)	CCLM – Clyde Park District	12	46
13	Cook (Suburban)	CCLM – Maine & Wheeling Townships	0	240
13	Cook (Suburban)	CCLM – Markham	11	0
13	Cook (Suburban)	CCLM – Rich Township	0	63
13	Cook (Suburban)	CCLM – Thornton Township	0	238
13	Cook (Suburban)	City of Evanston – Fleetwood Jourdain	22	4
13	Cook (Suburban)	City of Evanston – Levy Senior Center	10	3
13	Cook (Suburban)	CJE Senior Life	0	228

Plannin g & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
13	Cook (Suburban)	CNN Bellwood	10	11
13	Cook (Suburban)	CNN – Berwyn & Cicero Townships	0	191
13	Cook (Suburban)	CNN – Bloom Township	0	122
13	Cook (Suburban)	CNN – Brookfield	18	11
13	Cook (Suburban)	CNN – Calumet Township	0	120
13	Cook (Suburban)	CNN – Calumet/Phoenix/ Robbins	3	17
13	Cook (Suburban)	CNN – Chicago Heights	17	9
13	Cook (Suburban)	CNN – Dolton	1	25
13	Cook (Suburban)	CNN – Franklin Park	27	9
13	Cook (Suburban)	CNN – Hometown	21	8
13	Cook (Suburban)	CNN – Lemont	14	18
13	Cook (Suburban)	CNN – Lemont Township	0	46
13	Cook (Suburban)	CNN – Leyden Township	0	187
13	Cook (Suburban)	CNN – Lyons Township	0	226
13	Cook (Suburban)	CNN – Melrose Park	17	11
13	Cook (Suburban)	CNN – Proviso Township	0	349
13	Cook (Suburban)	CNN – Schaumburg	41	34
13	Cook (Suburban)	CNN – Worth Township	0	412
13	Cook (Suburban)	Hanover Township	29	171
13	Cook (Suburban)	Hanul Family Alliance	6	152
13	Cook (Suburban)	Kenneth Young Center	0	378
13	Cook (Suburban)	Maywood Park District	64	6
13	Cook (Suburban)	Meals on Wheels Northeastern Illinois Niles	20	9
13	Cook (Suburban)	Metro.Asian Family Svc.– Niles	57	1
13	Cook (Suburban)	Metro Asian Family Services Orland Park	1	23
13	Cook (Suburban)	Metro.Asian Family Svc.– Schaumburg	14	20
13	Cook (Suburban)	North Shore Senior Center	0	27
13	Cook (Suburban)	Oak Park Township Senior Services	40	115
13	Cook (Suburban)	OPTSS – Dine Out	0	2
13	Cook (Suburban)	Our Lady of Mt.Carmel	18	18
13	Cook (Suburban)	Palatine Township Senior Citizens Council	0	122
13	Cook (Suburban)	Pathlights	0	259
13	Cook (Suburban)	Salvation Army Blue Island	6	55

Planning & Service Area	Name of County	Name of Nutrition Site/ Community	# of Persons Served Congregate Meals Each Serving Day	# of Persons Served HDMs Each Serving Day
13	Cook (Suburban)	Seniors Assistance Center	0	103
13	Cook (Suburban)	Seniors Assistance Center – Vince’s	0	12
13	Cook (Suburban)	Solutions For Care	0	175
13	Cook (Suburban)	Stickney Township Office on Aging	0	154
13	Cook (Suburban)	Stickney Township Office on Aging – LSV	17	63
13	Cook (Suburban)	Stickney Township Office on Aging – North	5	34
13	Cook (Suburban)	The Center of Concern – Des Plaines	9	213
13	Cook (Suburban)	Village of Wheeling	22	39
13	Cook (Suburban)	Xilin – China Buffet (Noodle Deli)	21	45
13	Cook (Suburban)	Xilin – Super China Buffet	11	34
13	Cook (Suburban)	YMCA of Berwyn/Cicero	14	12
Total	1 County (Suburban)		773	5679
Statewide Total			10,523	39,595

National Survey of Home Delivered Meal Program Clients

The federal Administration on Community Living conducts the National Survey of Home Delivered Meal Program Clients annually. This national survey collects information on client satisfaction, consumer assessment of service quality, and consumer reported outcomes for clients participating in state and community programs funded by the Older Americans Act. The Home Delivered Meal Program authorizes meals and related nutrition services for older individuals and their spouses of any age. Home delivered meals are often the first in home service that an older adult receives, and the program is a primary access point for other home and community-based services. The program often serves older adults who are homebound, or isolated individuals who are age 60 and older, and in some cases, their caregivers, and/or persons with disabilities.

The following data was collected by Administration on Community Living from their 2022 National Survey of OAA participants. This data demonstrates how the Home Delivered Meal Programs throughout the country are effectively targeting individuals who most need the services provided.

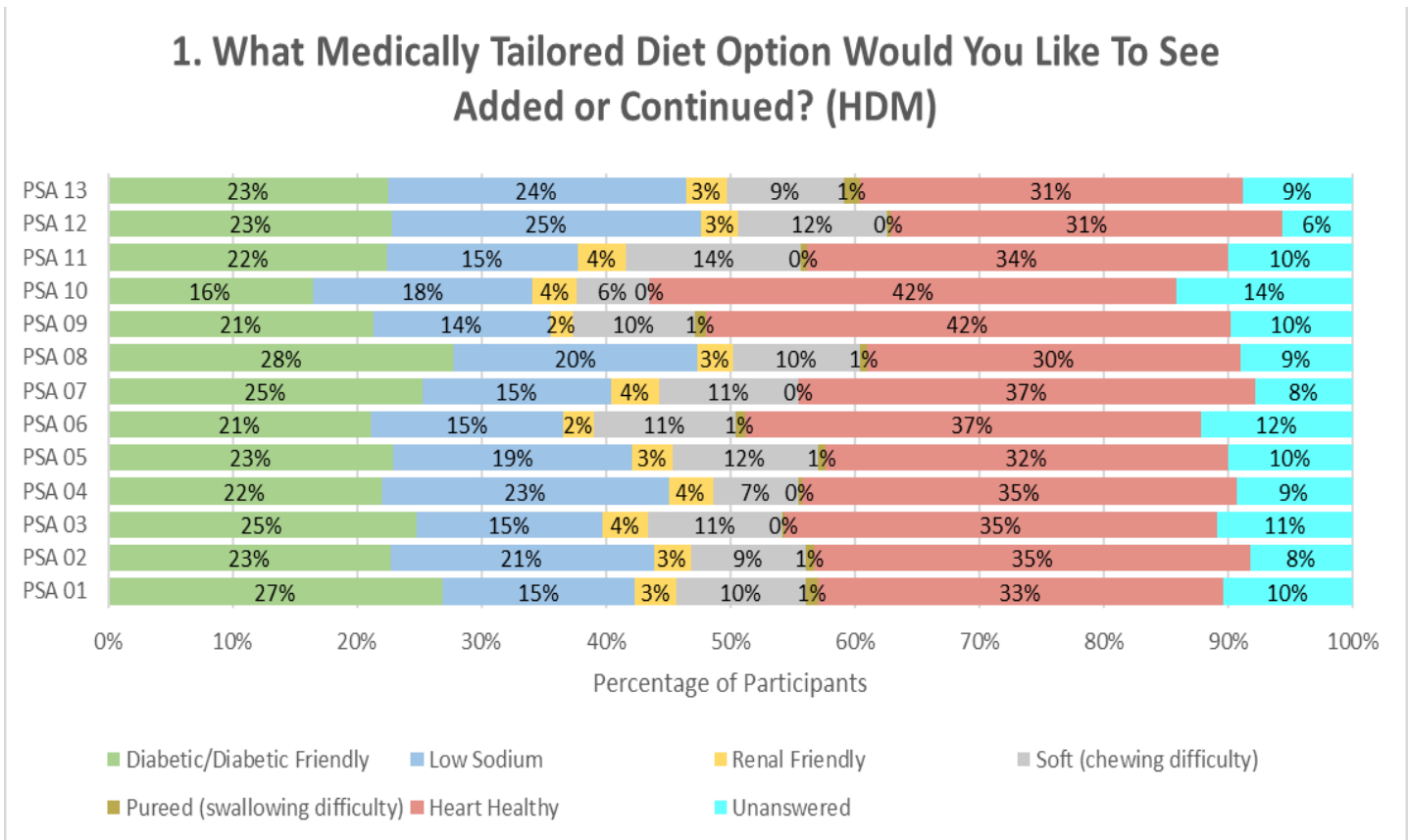
National Performance Measures Project Results	FY 2022 % of Home Delivered Meal Clients
Portion of Food that Home Delivered Meals Represents daily	
Half or more of the food eaten for the day	55%
Health Issues	
Arthritis/Rheumatism	65%
High Blood Pressure/Hypertension	75%
Heart Attack/Coronary	40%
High Cholesterol	55%
Diabetes or High Blood Sugar	35%
Asthma	48%
Length of Time Receiving Home Delivered Meals	
6 months or less	19%
More than 6 months but less than 1 year	20%
At least 1 Year but less than 2 years	22%
2 to 5 years	30%
More than 5 years	10%
Home Delivered Meals Help Clients To	
Continue to live in own home	89%
Eat healthier foods	76%
Feel better	90%
Improve health	77%
HDMs Are Good or Excellent	85%
75 years or older	57%
Older Adults Would Recommend HDMs to Friend	95%
Live Alone	51%
Have Difficulty Leaving Home	41%

(ACL Aging, Independence, and Disability (AGID) Program Data Portal 2022 Home Delivered Meals Weighted data)

Illinois Department on Aging Meal Choice Diet Options Survey (2023)

The Illinois Department on Aging conducted a survey titled “Meal Choice Diet Options Survey” in October 2023. The Older American’s Act (OAA) nutrition program participants throughout the thirteen Area Agencies on Aging (AAAs) completed surveys for congregate and home delivered meal programs from which they were receiving meals. There were 48,800 surveys distributed to the Area Agencies on Aging (AAAs) and Illinois Department on Aging (IDoA) received 13,043 surveys (27% participation rate) directly from participants. Each AAA provided home delivered meal and congregate surveys to the nutrition providers in their area over a six-to-eight-week period and organized how the surveys were distributed. The surveys were mailed directly to IDoA and the survey data was analyzed. The questions and responses are listed below.

Home Delivered Meal Choice Diet Options survey.

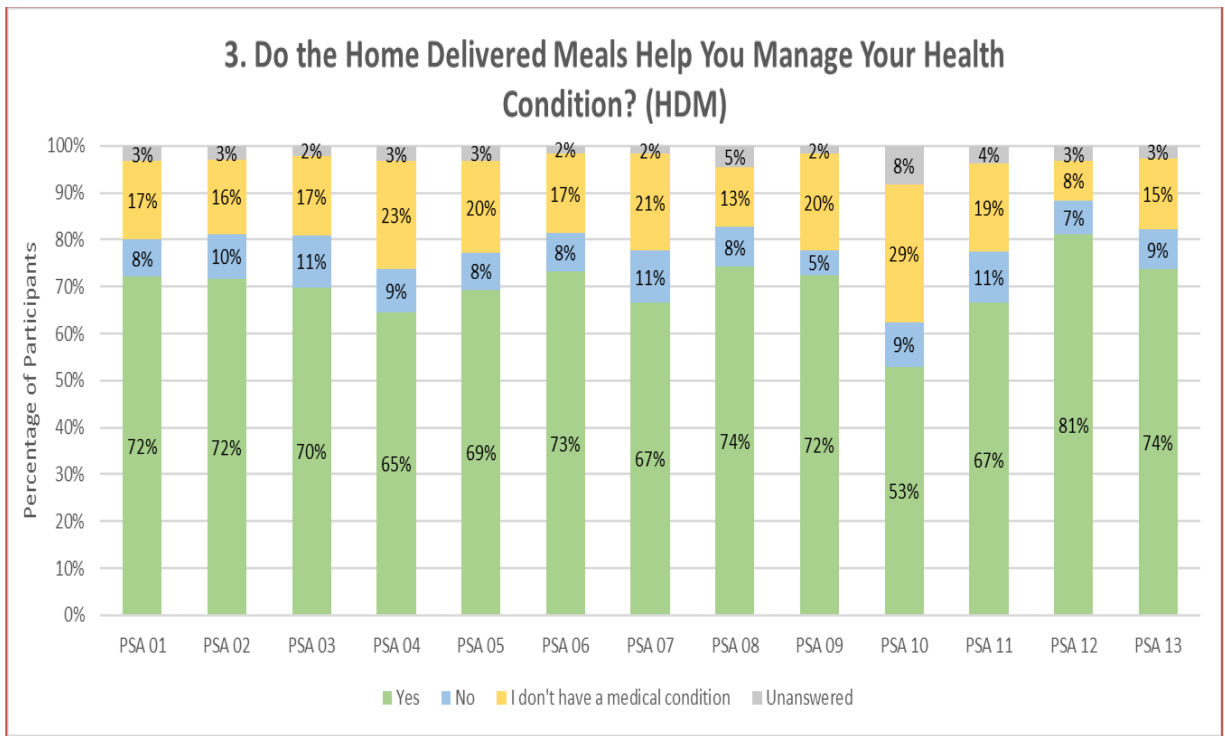


The top three medically tailored diets preferred by Home Delivered Meal participants are heart healthy, diabetic, and low sodium.

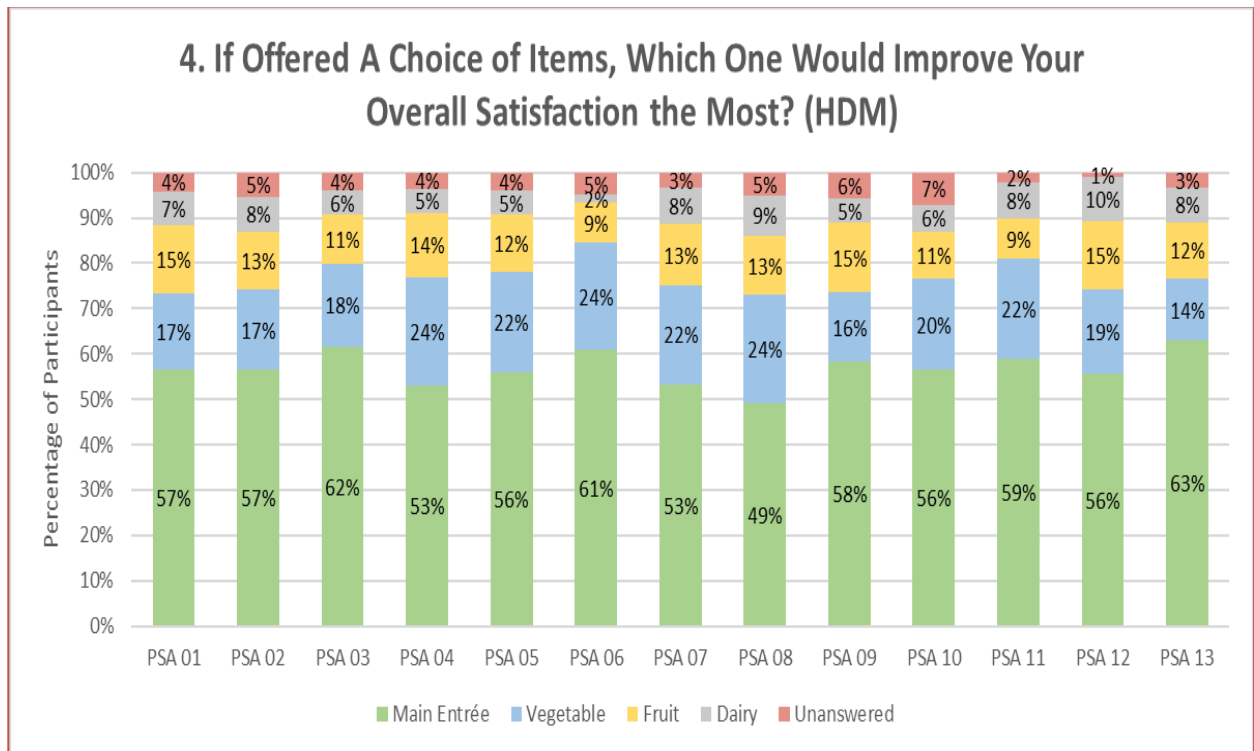
2. What Home Delivered Meal Diet Option Would Meet Your Religious Dietary Preferences?

	PSA 1	PSA 2	PSA 3	PSA 4	PSA 5	PSA 6	PSA 7	PSA 8	PSA 9	PSA 10	PSA 11	PSA 12	PSA 13
No Preference	90%	76%	90%	88%	91%	90%	90%	86%	90%	95%	90%	76%	77%
Unanswered	2%	3%	2%	2%	2%	2%	1%	4%	2%	2%	2%	3%	3%
Catholic	7%	16%	8%	7%	7%	6%	6%	7%	7%	2%	5%	15%	14%
Vegan	0%	3%	0%	2%	1%	2%	1%	2%	0%	0%	1%	2%	2%
Kosher	0%	1%	1%	0%	0%	0%	1%	0%	1%	0%	1%	3%	3%
Halal	0%	2%	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%	1%

Most participants did not have a religious dietary preference. The above table reflects the participants choices for each PSA with Catholic as the most indicated preferred religious meal option.

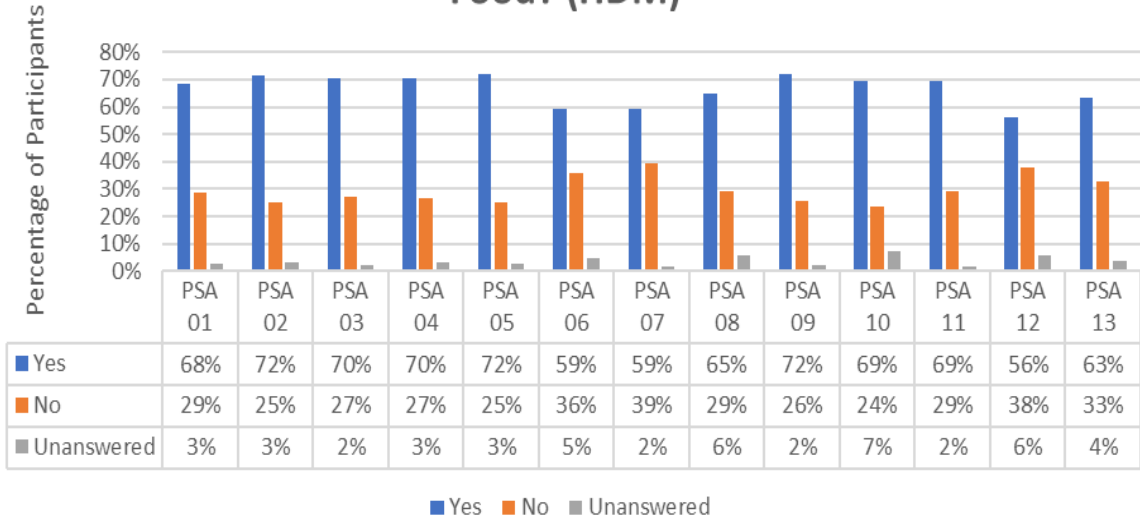


All thirteen of the PSAs Home Delivered Meal participants had as the top answer that the meals helped them manage their medical condition.



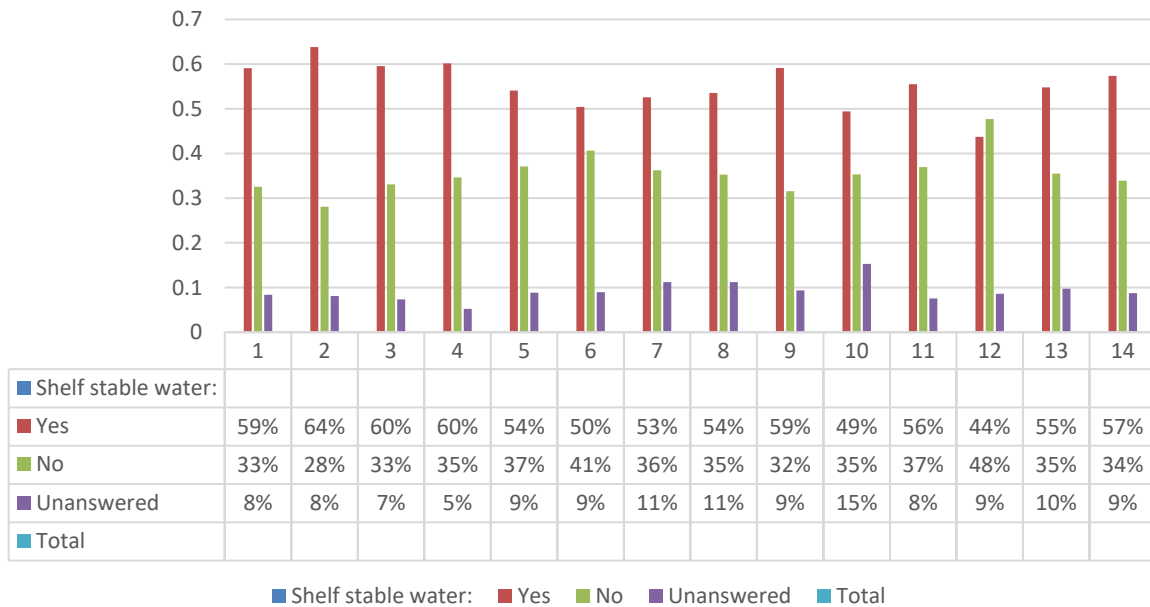
The top choice to improve overall satisfaction for all thirteen PSAs was to provide a choice of main entrée.

5a. In the Event Of A Disaster or Other Emergency, Do You Always Have At Least 7-Day Supply of Shelf Stable Food? (HDM)



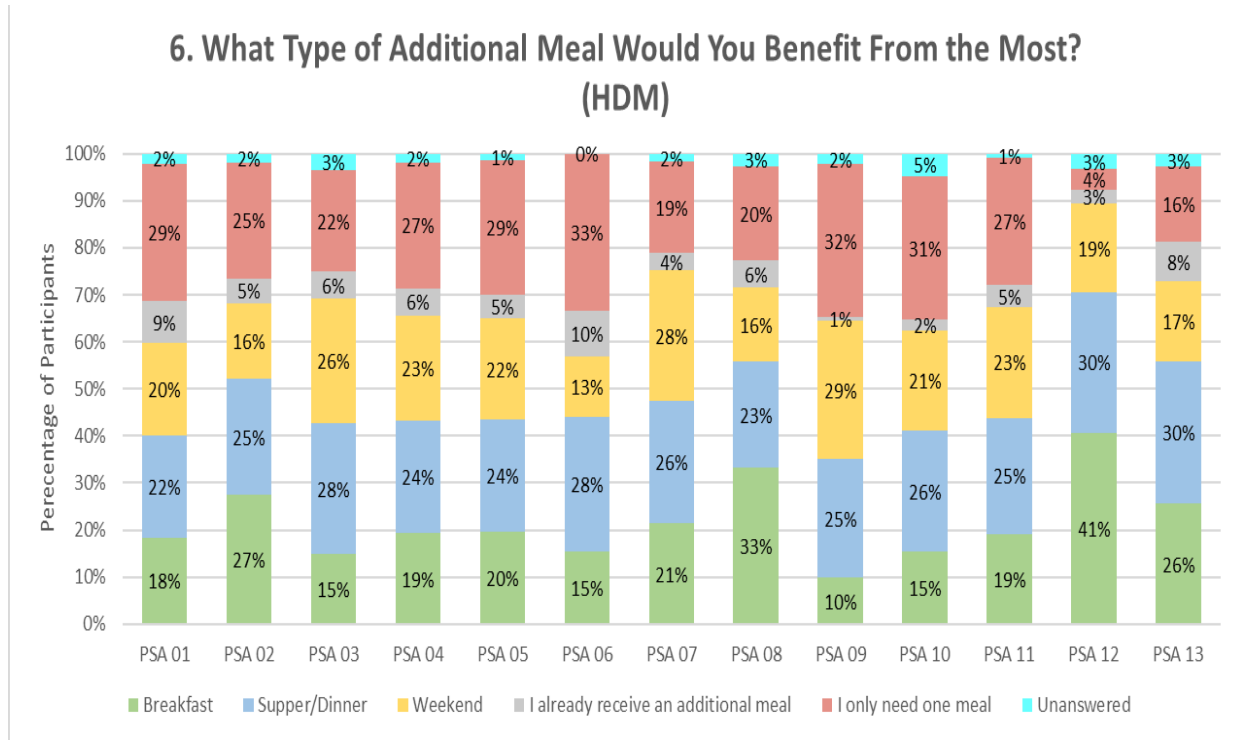
Most Home Delivered Meal respondents indicated they have at least a 7-day supply of shelf stable food, however, more than ¼ indicated they do not have a 7-day emergency food reserve.

5. In the event of a disaster or other emergency do you always have at least 7-day supply of water?



The survey found that some people have a supply of shelf-stable water while a significant percentage do not have a shelf-stable supply for emergencies.

6. What Type of Additional Meal Would You Benefit From the Most? (HDM)



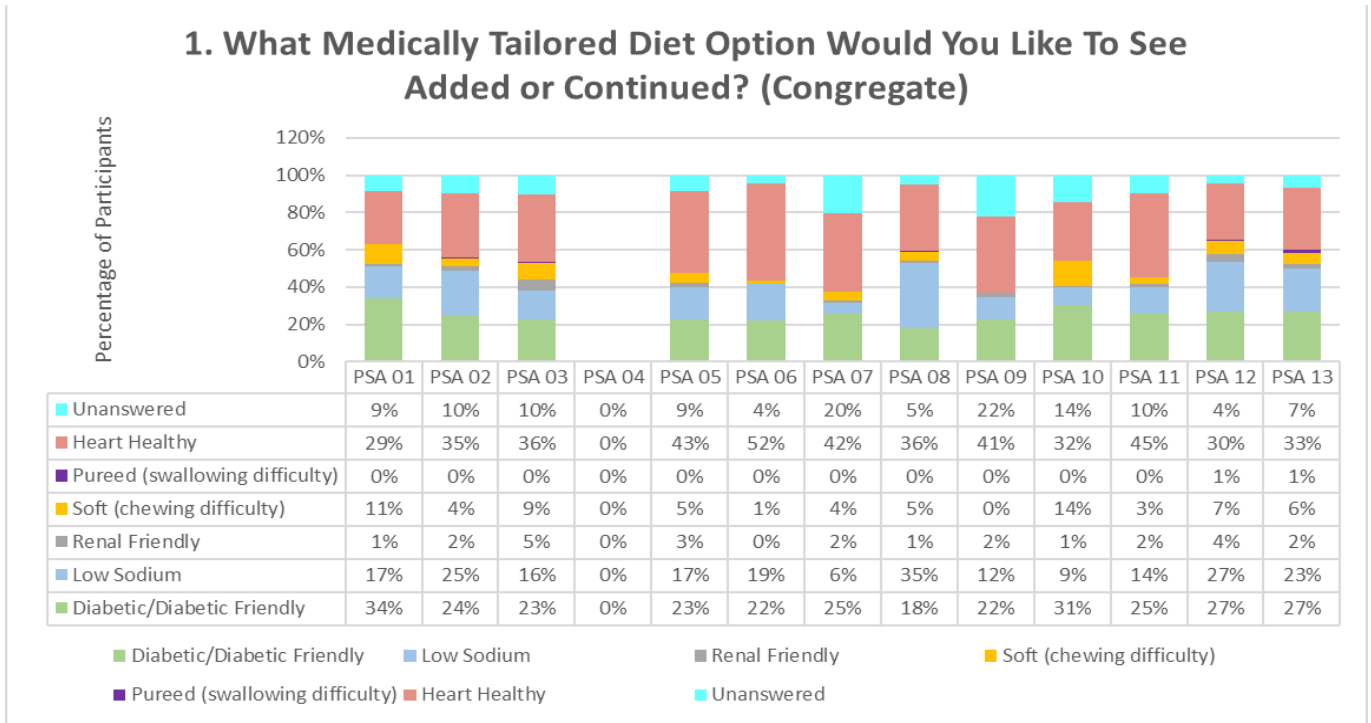
This survey question found that most people would benefit further from having a dinner meal or a weekend meal, while many indicated that one meal a day is sufficient.

7. What Home Delivered Meal Diet Option Would You Like to See Added or Continued to Meet Your Cultural or Ethnic Dietary Preference?

	PSA 1	PSA 2	PSA 3	PSA 4	PSA 5	PSA 6	PSA 7	PSA 8	PSA 9	PSA 10	PSA 11	PSA 12	PSA 13
No Preference	84%	70%	85%	85%	83%	85%	82%	78%	90%	92%	88%	51%	69%
Unanswered	2%	3%	3%	0%	2%	2%	2%	4%	3%	4%	2%	5%	3%
African Heritage Diet	2%	4%	1%	4%	3%	2%	3%	9%	0%	0%	2%	21%	5%
Indian/Pakistan	0%	5%	0%	1%	1%	1%	0%	0%	0%	0%	1%	3%	2%
Korean	0%	1%	0%	0%	0%	0%	1%	1%	0%	0%	0%	1%	4%
Chinese	6%	10%	6%	8%	8%	8%	8%	7%	5%	4%	6%	8%	9%
Latino	6%	8%	4%	2%	3%	2%	3%	1%	1%	1%	2%	11%	8%

Most participants did not have a cultural or ethnic dietary preference. The above table reflects the participants choices in each PSA. However, across PSAs, Chinese ethnic meals were the most preferred.

Congregate Meal Choice Diet Option survey.



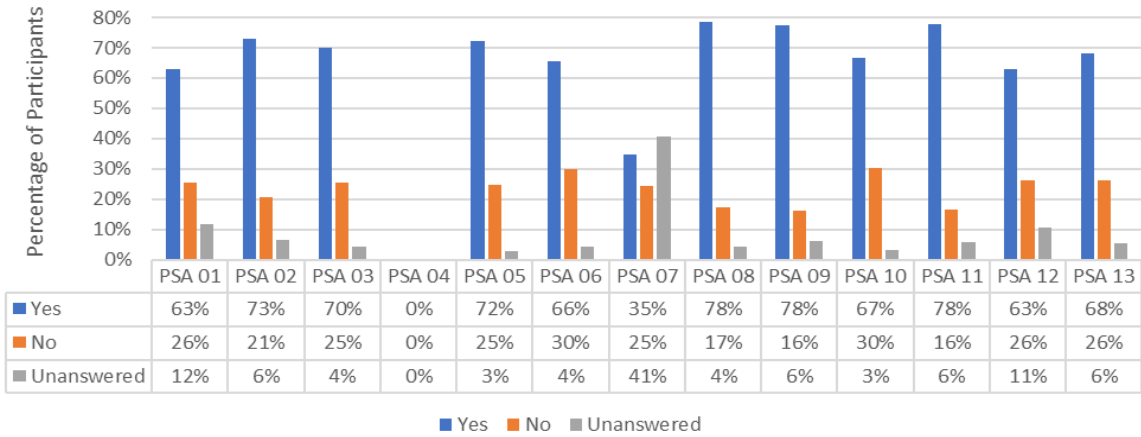
The top three medically tailored diets preferred by Congregate Meal participants are Heart Healthy, Diabetic, and Low Sodium.

2. What Congregate Meal Diet Option Would Meet Your Religious Dietary Preferences?

	PSA 1	PSA 2	PSA 3	PSA 4	PSA 5	PSA 6	PSA 7	PSA 8	PSA 9	PSA 10	PSA 11	PSA 12	PSA 13
No Preference	88%	63%	88%	N/A	92%	84%	71%	88%	80%	94%	90%	62%	58%
Unanswered	1%	5%	4%	N/A	2%	4%	19%	2%	6%	2%	2%	4%	2%
Catholic	7%	16%	8%	N/A	5%	10%	9%	8%	14%	4%	6%	22%	13%
Vegan	1%	7%	0%	N/A	1%	0%	0%	2%	0%	0%	0%	7%	13%
Kosher	0%	1%	0%	N/A	0%	1%	0%	0%	0%	1%	2%	2%	3%
Halal	2%	8%	0%	N/A	0%	0%	0%	0%	0%	1%	0%	3%	11%

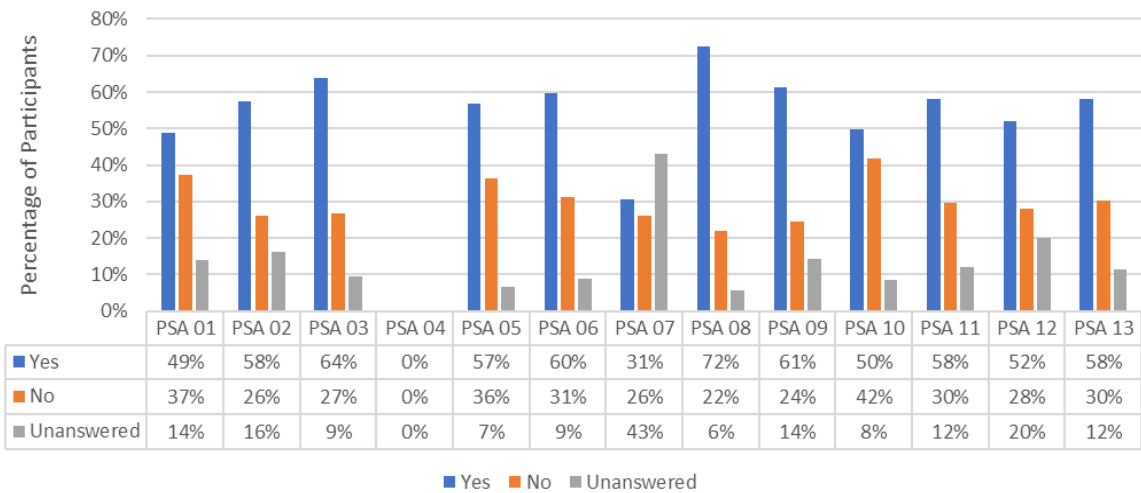
Most participants did not have a religious dietary preference, however Catholic meals were the most indicated across PSAs with Vegan and Halal indicated in more urban PSAs. The above chart reflects the participants' choices in each PSA.

3a. In the Event of Disaster or Other Emergency Do You Always Have At Least 7-Day Supply of Shelf Stable Food? (Congregate)



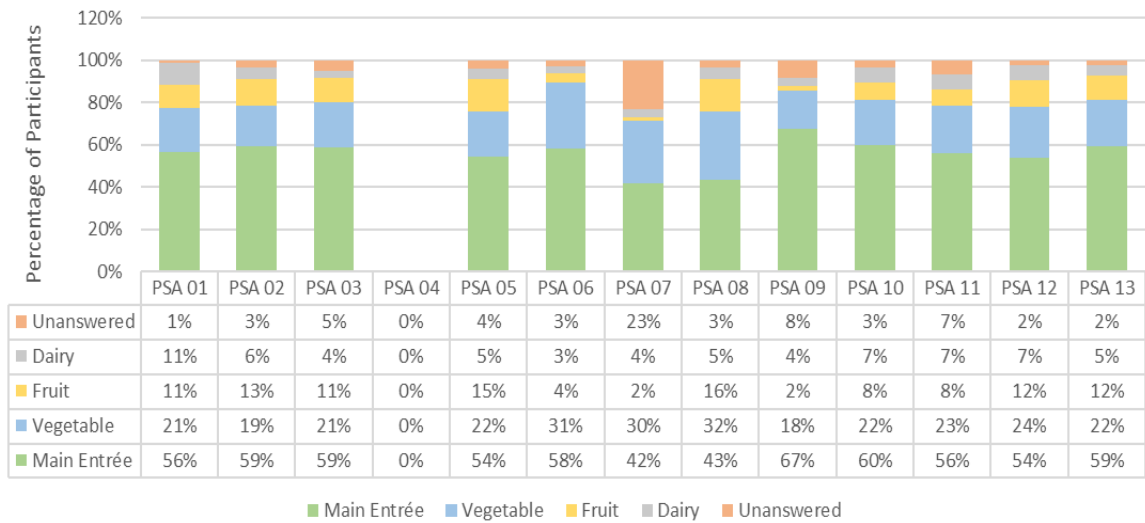
Like with Home Delivered Meals, most respondents indicated they do have a supply of shelf-stable meals in case of emergency.

3b. In the Event of Disaster or Other Emergency Do You Always Have At Least 7- Day Supply of Shelf Stable Water? (Congregate)



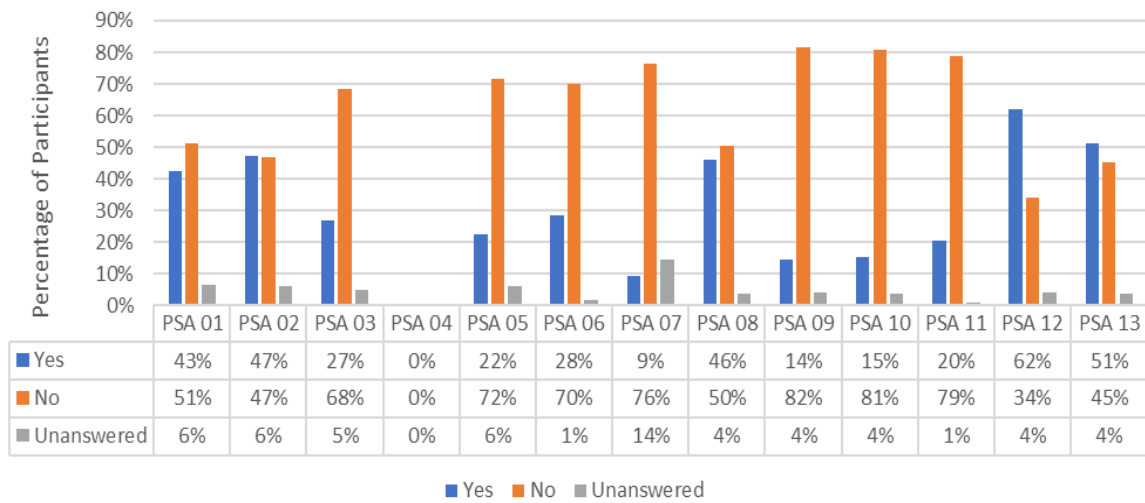
Additionally, most congregate survey respondents indicated they have a supply of shelf-stable water in case of emergency.

4. If Offered A Choice of Items, Which One Would Improve Your Overall Satisfaction the Most? (Congregate)



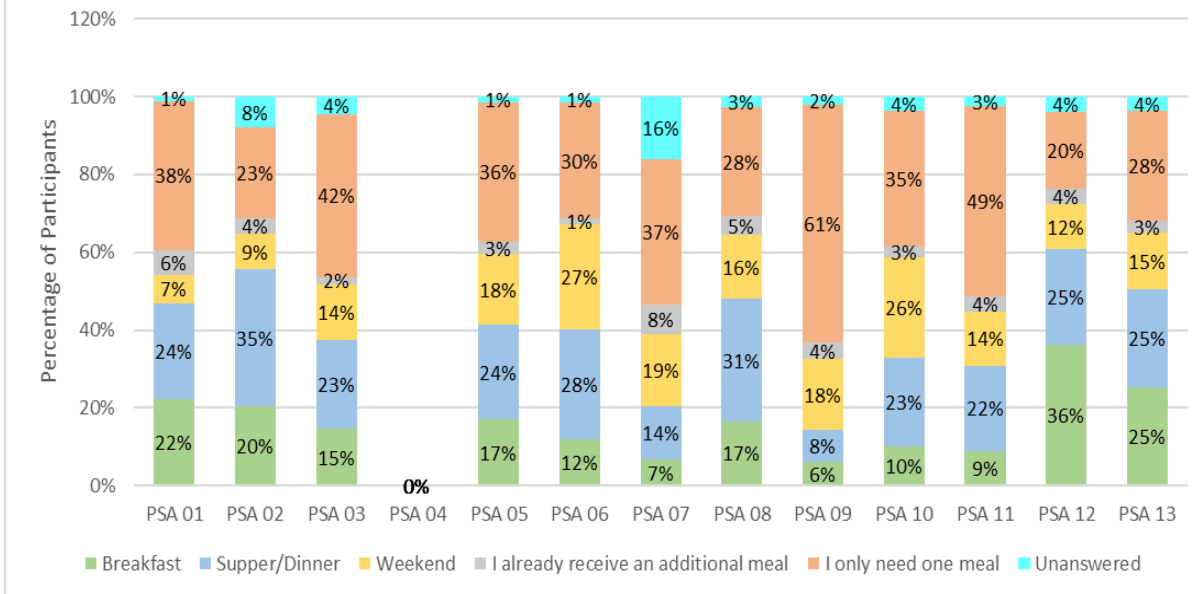
The top choice to increase satisfaction for all PSAs was to provide a choice of main entrée.

5. Would Offering Flexible Mealtimes Increase Your Ability to Attend? (Congregate)



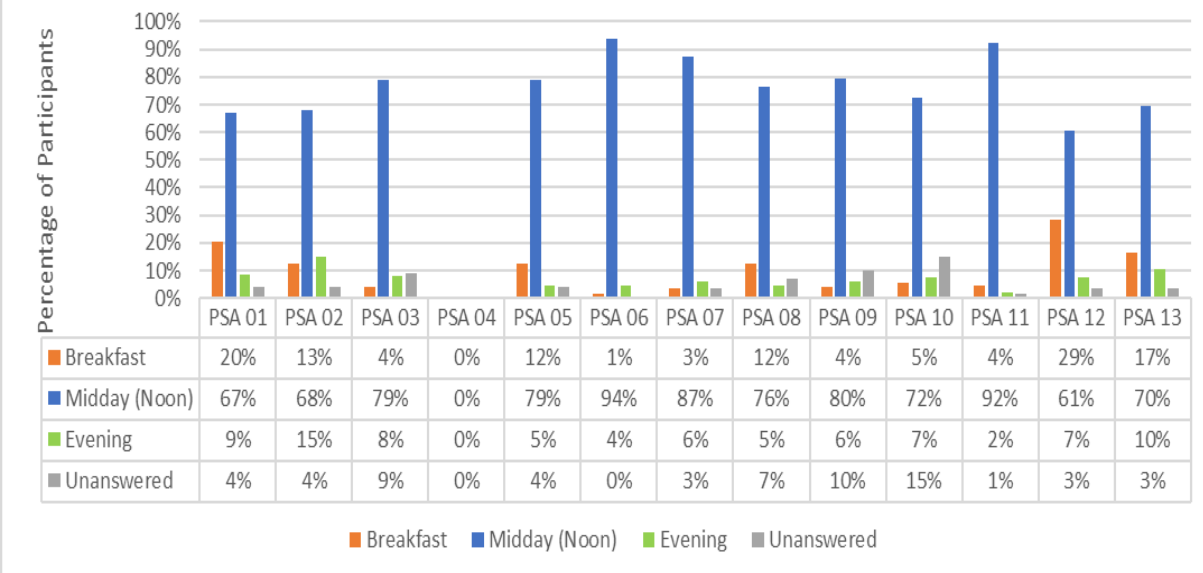
There was variation across PSAs as to whether a choice in mealtime would increase a person’s ability to participate in Congregate meals.

6. What Type of Additional Meal Would You Benefit From The Most? (Congregate)



While congregate respondents indicated one meal is sufficient, about ¼ (+/- in some PSAs) indicated they would benefit from dinner/supper while others (6%-36% depending on PSA) indicated breakfast would benefit them.

7. Which Mealtime is Most Convenient for You to Attend? (Congregate)



Across all PSAs, lunch was the most convenient mealtime, though in some PSAs, breakfast was the second most convenient mealtime.

8. What Congregate Diet Option Would You Like to See Added or Continued to Meet Your Cultural or Ethnic Dietary Preference?

	PSA 1	PSA 2	PSA 3	PSA 4	PSA 5	PSA 6	PSA 7	PSA 8	PSA 9	PSA 10	PSA 11	PSA 12	PSA 13
No Preference	73%	57%	85%	N/A	84%	82%	75%	77%	88%	89%	90%	45%	54%
Unanswered	2%	4%	4%	N/A	2%	1%	22%	2%	8%	2%	1%	2%	2%
African Heritage Diet	7%	6%	2%	N/A	4%	0%	0%	7%	0%	1%	0%	13%	5%
Indian/Pakistan	1%	14%	0%	N/A	0%	0%	0%	0%	0%	1%	0%	7%	15%
Korean	0%	4%	0%	N/A	0%	0%	0%	0%	0%	0%	0%	3%	1%
Chinese	7%	8%	5%	N/A	6%	10%	3%	13%	2%	5%	6%	16%	12%
Latino	9%	6%	4%	N/A	3%	6%	0%	1%	2%	3%	2%	14%	10%

Most participants did not have a cultural or ethnic dietary preference, however in more urban PSAs, Indian/Pakistani meals would be welcome along with Chinese and Latino. The above table reflects the participants' choices in each PSA.

IDoA Home Delivered Meal Survey for Area Agencies on Aging (November 2023)

The following are questions from the Home Delivered Meals survey questionnaire distributed in November 2023 to the thirteen Area Agencies on Aging (AAAs) which are funded by the Illinois Department on Aging throughout the state of Illinois.

What amount of additional funding would be needed to expand and meet the needs of eligible older adults in areas with limited nutrition services and prevent the denial of services to eligible participants?



This table below reflects the funding totals as reported by each PSA to provide meals for those individuals who have limited nutrition services and would prevent the denial of services to eligible participants in FY 2024. With the end of ARPA funds in FY 2024, the state anticipates increased need for funding to prevent waitlists and to reach persons shown to have unmet needs as indicated earlier in this report.

PSA	Additional Funds
PSA 1	\$100,000-150,000
PSA 2	Over \$150,000
PSA 3	Over \$150,000
PSA 4	\$50,000-\$100,000
PSA 5	Over \$150,000
PSA 6	\$50,000-\$100,000
PSA 7	\$100,00-\$150,000
PSA 8	Less than \$10,000
PSA 9	\$100,000-150,000
PSA 10	Over \$150,000
PSA 11	\$50,000 to \$100,000
PSA 12	Over \$150,000
PSA 13	Over \$150,000
Total	\$1,660,000

How were the Consolidated Appropriations Act (CAA) funds and American Rescue Plan Act (ARPA) funds and additional state funding used to expand home delivered meals or congregate meals in your PSA in the past year (October 1, 2022, to September 30, 2023)?

PSA	How Were Funds Used?
PSA 1	Eliminated wait lists.
PSA 2	<p>Eliminated wait lists.</p> <p>Established new meal routes.</p> <p>Provided more than one meal per day.</p> <p>Provided weekend meals.</p> <p>Offered additional meal choices.</p> <p>Offered food boxes.</p> <p>Offered Grab and Go meals.</p> <p>Added new meal sites.</p> <p>Added restaurant partnerships.</p> <p>Purchased supplies for meals.</p> <p>Purchased delivery vehicles.</p> <p>Purchased kitchen equipment.</p>
PSA 3	<p>Eliminated wait lists.</p> <p>Offered Grab and Go meals.</p> <p>Added restaurant partnerships.</p> <p>Purchased supplies for meals.</p> <p>Purchased kitchen equipment.</p>
PSA 4	<p>We were not able to expand. The increase in funding was needed to cover the minimum wage increase for existing employees, increase in food costs to caterer, increase in supply costs needed for meals, and increase in mileage reimbursement.</p>
PSA 5	<p>Eliminated wait lists.</p> <p>Established new meal routes.</p> <p>Provided more than one meal per day.</p> <p>Provided weekend meals.</p> <p>Offered additional meal choices.</p> <p>Offered medically tailored meals.</p>

	<p>Offered food boxes.</p> <p>Added new meal sites.</p> <p>Purchased supplies for meals.</p> <p>Purchased delivery vehicles.</p> <p>Purchased kitchen equipment</p>
PSA 6	<p>Established new meal routes.</p> <p>Provided weekend meals.</p> <p>Purchased supplies for meals.</p> <p>Purchased kitchen equipment</p>
PSA 7	<p>Eliminated wait lists.</p> <p>Provided more than one meal per day.</p> <p>Offered additional meal choices.</p> <p>Offered food boxes.</p> <p>Offered Grab and Go meals.</p> <p>Purchased supplies for meals.</p> <p>Purchased delivery vehicles.</p> <p>Purchased kitchen equipment</p>
PSA 8	<p>Provided more than one meal per day.</p> <p>Provided weekend meals.</p> <p>Offered additional meal choices.</p> <p>Offered medically tailored meals.</p> <p>Offered Grab and Go meals.</p> <p>Added restaurant partnerships.</p>
PSA 9	<p>Eliminated wait lists.</p> <p>Established new meal routes.</p> <p>Offered additional meal choices.</p> <p>Offered food boxes offered.</p> <p>Grab and Go meals.</p>

	Purchased supplies for meals.
PSA 10	<p>Eliminated wait lists.</p> <p>Established new meal routes.</p> <p>Provided more than one meal per day.</p> <p>Provided weekend meals.</p> <p>Offered food boxes.</p> <p>Offered Grab and Go meals.</p> <p>Purchased supplies for meals.</p> <p>Purchased kitchen equipment</p>
PSA 11	<p>Eliminated wait lists.</p> <p>Established new meal routes.</p> <p>Offered Grab and Go meals.</p> <p>Purchased supplies for meals.</p> <p>Purchased kitchen equipment.</p>
PSA 12	<p>Offered additional meal choices.</p> <p>Added restaurant partnerships.</p>
PSA 13	<p>Established new meal routes.</p> <p>Offered food boxes.</p> <p>Offered Grab and Go meals.</p> <p>Added new meal sites.</p> <p>Added restaurant partnerships.</p> <p>Purchased supplies for meals.</p> <p>Purchased kitchen equipment</p>

FY 2024 Recommendations from the Aging Network on Potential Ways to Increase Federal Funding for Home Delivered Meal Programs

The Department on Aging requested feedback from the Area Agencies on Aging throughout the state and the following ways were recommended to increase federal funding for congregate and home delivered meals for older adults throughout Illinois.

	Recommendations for Potential Ways to Increase Federal Funding for Home Delivered Meals
	<ol style="list-style-type: none"> 1. Allow more flexibility for use of Congregate and HDM funding to maximize existing award. Instead of separating the programs, just fund “Nutrition” and allow local AAAs to establish the needs in each PSA. 2. Offer an additional allotment of federal funds for capital needs in nutrition programs such as equipment and maintenance. The perception appears to be that increased funding must lead to increased meals, while not providing funding for the infrastructure necessary to make that happen. 3. Provide more data on the need for meals for older adults. 4. Provide more storytelling. The home delivered meal programs are truly remarkable. The public should be made aware of it. 5. Compare costs of long-term care versus staying in your community and receiving meals. 6. Advocacy that educates legislators about the struggle for raising local cash match in rural areas and areas that do not have foundations, funding sources, etc. 7. Have lawmakers come and see the program in action. 8. Increase federal funding by increasing the number of participants served, increase the number of days served, and increase the number of meals served each day. 9. Show that the meals improve health status and therefore decrease healthcare costs. 10. Decrease other federally funded programs. 11. Redesign the intra-state formulary to funnel some additional dollars for rural community seniors specifically. 12. Find someone well-known to do a public service announcement on the meal services of the OAA. A sport professional or a Tik Tok star who has had a grandmother or someone close to them benefit from the meals do a short ad on the importance of funding HDMs. 13. Earmarking new or existing revenue streams toward funding for Home Delivered Meals. 14. Providing a minimum of two meal choices for general wellness diets each day, both congregate and home delivered. 15. Offer therapeutic diets (including but not limited to diabetic, renal, and very low sodium) at congregate dining sites. 16. Making culturally appropriate meals more accessible, perhaps by using restaurant partnerships. 17. Expanding the Older Americans Act nutrition services to include grocery boxes with menus.

FY 2024 Recommendations from the Aging Network on Potential Ways to Reach Unserved/Underserved Areas and Special Populations

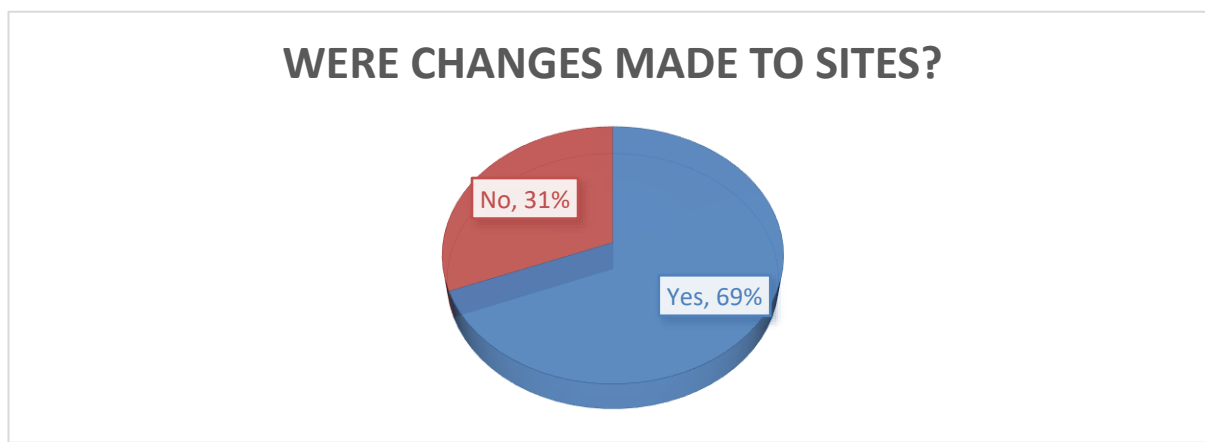
The Department on Aging surveyed the 13 Area Agencies on Aging (AAAs) and nutrition service providers in September, 2023 on potential ways to reach unserved and underserved areas and special populations in the home delivered meal program. The following chart summarizes feedback from the survey. The top responses from the AAAs were to hire more staff (85%), increase the number of volunteers (85%), open a new site in the unserved area (69%), and purchase a new delivery vehicle (54%).

PSA	Recommendations for Serving Unserved/Underserved Areas and Special Populations
1	<ol style="list-style-type: none"> 1. Increase the number of volunteers to deliver to the underserved area. 2. Open a new congregate site in the underserved area. 3. Provide Grab and Go Meals at a nearby site to the underserved area. 4. Purchase new delivery vehicle to cover the underserved area. 5. Hire more staff to work in the underserved area.

2	<ol style="list-style-type: none"> 1. Open a new restaurant partnership to serve the underserved area. 2. Hire more staff to work in the underserved area. 3. Increase the number of volunteers to deliver to the underserved area.
3	<ol style="list-style-type: none"> 1. Hire more staff to work in the unserved area.
4	<ol style="list-style-type: none"> 1. Increase the number of volunteers in the unserved area. 2. Open a new congregate site in the unserved area. 3. Open a new restaurant partnership in the unserved area. 4. Provide Grab and Go meals at a nearby site. 5. Hire more staff to work in the unserved area. 6. Purchase a new delivery vehicle. 7. Establish a new partnership for home delivered meal service in the unserved area.
5	<ol style="list-style-type: none"> 1. Increase the number of volunteers in the unserved area. 2. Open a new congregate site in the unserved area. 3. Open a new restaurant partnership in the unserved area. 4. Provide Grab and Go meals at a nearby site. 5. Hire more staff to work in the unserved area. 6. Purchase a new delivery vehicle.
PSA	Recommendations for Serving Unserved/Underserved Areas and Special Populations
6	<ol style="list-style-type: none"> 1. Increase the number of volunteers in the unserved area. 2. Open a new restaurant partnership in the unserved area. 3. Hire more staff to work in the unserved area.
7	<ol style="list-style-type: none"> 1. Increase the number of volunteers in the unserved area. 2. Open a new restaurant partnership in the unserved area. 3. Hire more staff to work in the unserved area. 4. Purchase a new delivery vehicle. 5. Open a new congregate site in the unserved area.
8	<ol style="list-style-type: none"> 1. Increase the number of volunteers.
9	<ol style="list-style-type: none"> 1. Hire more staff. 2. Increase the number of volunteers. 3. Purchase new delivery vehicle. 4. Open a new congregate site in the underserved area.

10	<ol style="list-style-type: none"> 1. Hire more staff. 2. Purchase a new delivery vehicle. 3. Increase the number of volunteers in the underserved area.
11	<ol style="list-style-type: none"> 1. Increase the number of volunteers. 2. Open a new congregate site. 3. Provide Grab and Go meals at nearby sites. 4. Establish a new partnership for home delivered meal service.
12	<ol style="list-style-type: none"> 1. Hire more staff. 2. Gain additional funding to support home delivered meals and continued cultural meal offerings.
13	<ol style="list-style-type: none"> 1. Increase the number of volunteers. 2. Open a new congregate site in the underserved area. 3. Open a new restaurant partnership in the underserved area. 4. Provide Grab and Go at nearby site. 5. Hire more staff. 6. Purchase new delivery vehicle 7. Establish a new partnership for home delivered meal

Have you made changes at your nutrition sites from last fiscal year which had a positive impact on increasing participation at your congregate sites?

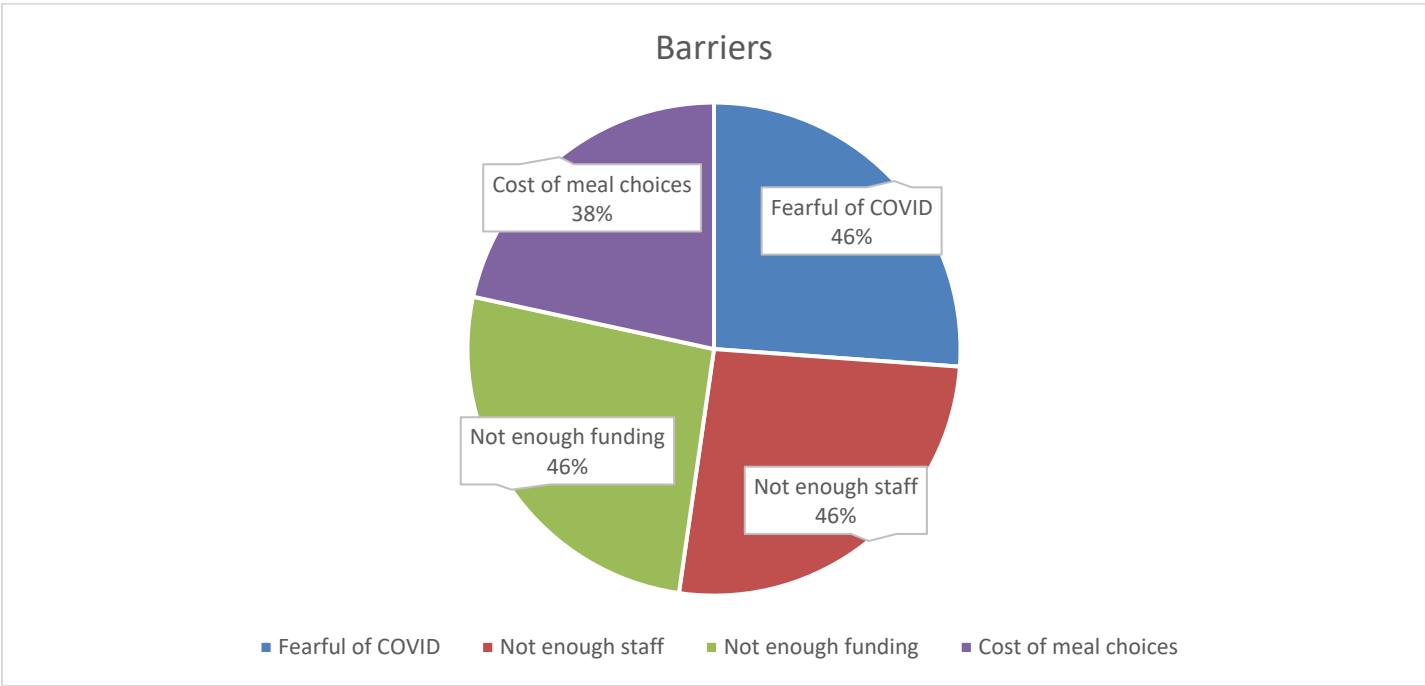


PSA	Changes Made
PSA 1	No changes made
PSA 2	Restructured program. Added 200 clients
PSA 3	No changes made

PSA 4	No changes made
PSA 5	Redecorated, offered more activities and classes, offered choice of entrée, offered more diet options, offered cultural/ethnic meals.
PSA 6	Offered more classes and activities and classes.
PSA 7	Redecorated, offered cultural/ethnic meals.
PSA 8	No changes made
PSA 9	Redecorated, offered more activities and classes, offered more diet options.
PSA 10	Redecorated, offered more activities and classes.
PSA 11	Redecorated, offered more activities and classes.
PSA 12	Redecorated, offered more diet options, offered more activities and classes, offered cultural/ethnic meals, created restaurant partnerships.
PSA13	Offered more activities and classes, offered choice of entrée, offered cultural/ethnic meals.

What barriers did you encounter (if any) when attempting to implement changes from last fiscal year to invigorate and increase participation in your congregate meal sites?

The top three barriers encountered when attempting to implement changes to invigorate and increase participation in the congregate meal sites were participants being fearful of COVID (48%), not enough funds (48%), and not enough staff (48%).



In the past fiscal year (October 1, 2022, to September 30, 2023), were there any new sites that opened or sites that closed within the PSA?

PSA	New Sites Opened	Number Sites Closed
PSA 1	0	0
PSA 2	0	3 Osho Desi Diner Morris Chop Shop Gaslight Manor
PSA 3	0	0
PSA 4	0	0
PSA 5	0	0
PSA 6	0	0
PSA 7	1 Greater All Nations Tabernacle	0
PSA 8	0	0
PSA 9	0	0
PSA 10	0	0
PSA 11	0	0
PSA 12	1 Fannie Emmanuel Apartments	0
PSA 13	4	1

	Meals on Wheels Northeastern Nile Senior Center Maywood Park District Al Bawadi Restaurant	Palatine Township Council
Total	6	4

Conclusion

As the older Illinoisan population continues to grow, along with people living longer with more complex health conditions, nutrition services continue to be paramount to preventing malnutrition in older age. While the pandemic increased the demand for Home Delivered Meals in 2020-2022, the continued heightened numbers above pre-pandemic rates speaks to the continued need for this valuable service. The increase in congregate programs over the last year is a promising metric that demonstrates that older Illinoisans are again participating in this wonderful service that brings people together, connects older adults with their community, and prevents social isolation and loneliness while providing nutrition. Costs to deliver both congregate and Home Delivered Meals have increased due to inflation on food, supplies vehicles for delivery, and gas, as well as the need to pay more staff as volunteers have decreased, and general increased demand for more meals as the population grows. With ARPA funding ending this fiscal year, Illinois is fortunate to have significant state funding to help ensure older Illinoisans nutritional needs are met. The Illinois Department on Aging and Area Agencies on Aging are committed to meeting the nutritional needs of community-based older Illinoisans through the Older American Act nutrition programs.

References:

- Administration of Community Living (2022). Aging, Independence, and Disability (AGID) Program Data Portal 16th National Survey of Older Americans Act Participants. Retrieved from: <https://agid.acl.gov/>
- Coleman-Jensen, A, Rabbitt, M.P., Hales., & Burke. (2022). *Household food security in the United States in 2022*. Retrieved from: <https://www.ers.usda.gov/publications/pub-details/?pubid=107702>
- Food Research and Action Center (FRAC) and AARP Foundation 5-year American Community Survey Data (2015-2019) Retrieved from: <https://frac.org/hunger-poverty-america/senior-hunger>; [https://acl.gov/sites/default/files/programs/2019-03/MealProgramValueProposition .pdf](https://acl.gov/sites/default/files/programs/2019-03/MealProgramValueProposition.pdf)
- Illinois Department of Public Health (October 2023). Illinois Food Deserts Annual Report July 1, 2022-June 30, 2023. Retrieved from: <https://www.ilga.gov/reports/ReportsSubmitted/4622RSGAEmail9762RSGAAttachFood%20Desert%20Annual%20Report%202023.pdf>
- Lloyd, Jean L, M.S.(2017). *Hunger in Older Adults*. Retrieved from: <https://www.mealsonwheelsamerica.org/docs/default-source/research/hungerinolderadults-fullreport-feb2017.pdf?sfvrsn=2>
- Mabili, Ghosh, Schmitz, Shenk, Panzarella, Carlson & Flick, (2018) Administration of Community Living *Evaluation of the Older Americans Act Nutrition Services Program Outcomes Report – Part II*. Retrieved from: https://acl.gov/sites/default/files/programs/2018-10/NSPEvaluation_healthcareutilization.pdf
- Meals on Wheels America, *Sources and Methods, State Fact Sheets*(2021) Retrieved from: https://www.mealsonwheelsamerica.org/docs/default-source/fact-sheets/2021/states-fact-sheets_sources-and-meth_ods-2021.pdf?sfvrsn=8cb1b23b_2
- Meals on Wheels America, State of Illinois Fact Sheet, 2018/2019. Retrieved from: https://www.mealsonwheelsamerica.org/docs/default-source/fact-sheets/2021/2021-state/illinois-2021.pdf?sfvrsn=77bdb23b_2
- Meals on Wheels America, The Escalating Issue of Senior Hunger, 2023 National Snapshot. Retrieved from: https://www.mealsonwheelsamerica.org/docs/default-source/fact-sheets/2023/the_issue_2023_national_snapshot_fact_sheet.pdf
- Ortman, J, Velkoff, V, & Hogan, H.(2014). *An aging nation: The older population in the United States, current population reports*. Retrieved from: <https://www.census.gov/library/publications/2014/demo/p25-1140.html>
- Overview of Older Americans Act Title III Programs, 2018 Summary of Highlights and Accomplishments, Administration for Community Living (ACL). Retrieved from: https://acl.gov/sites/default/files/Aging%20and%20Disability%20in%20America/OAA%20Title%20III%20Report_2018_FINAL_PRINT_VERSION_508.pdf
- The National Foundation to End Senior Hunger and Feeding America’s “The State of Senior Hunger in America 2016*. Retrieved from: <https://www.feedingamerica.org/sites/default/files/research/senior-hunger-research/state-of-senior-hunger-2016.pdf>
- Thomas, K. S., & Dosa, D. (2015). More than a meal: Results from a pilot randomized control trial of home-delivered meal programs. Retrieved from: <https://www.mealsonwheelsamerica.org/docs/default-source/News-Assets/mtam-full-report---march-2-2015.pdf?sfvrsn=6>

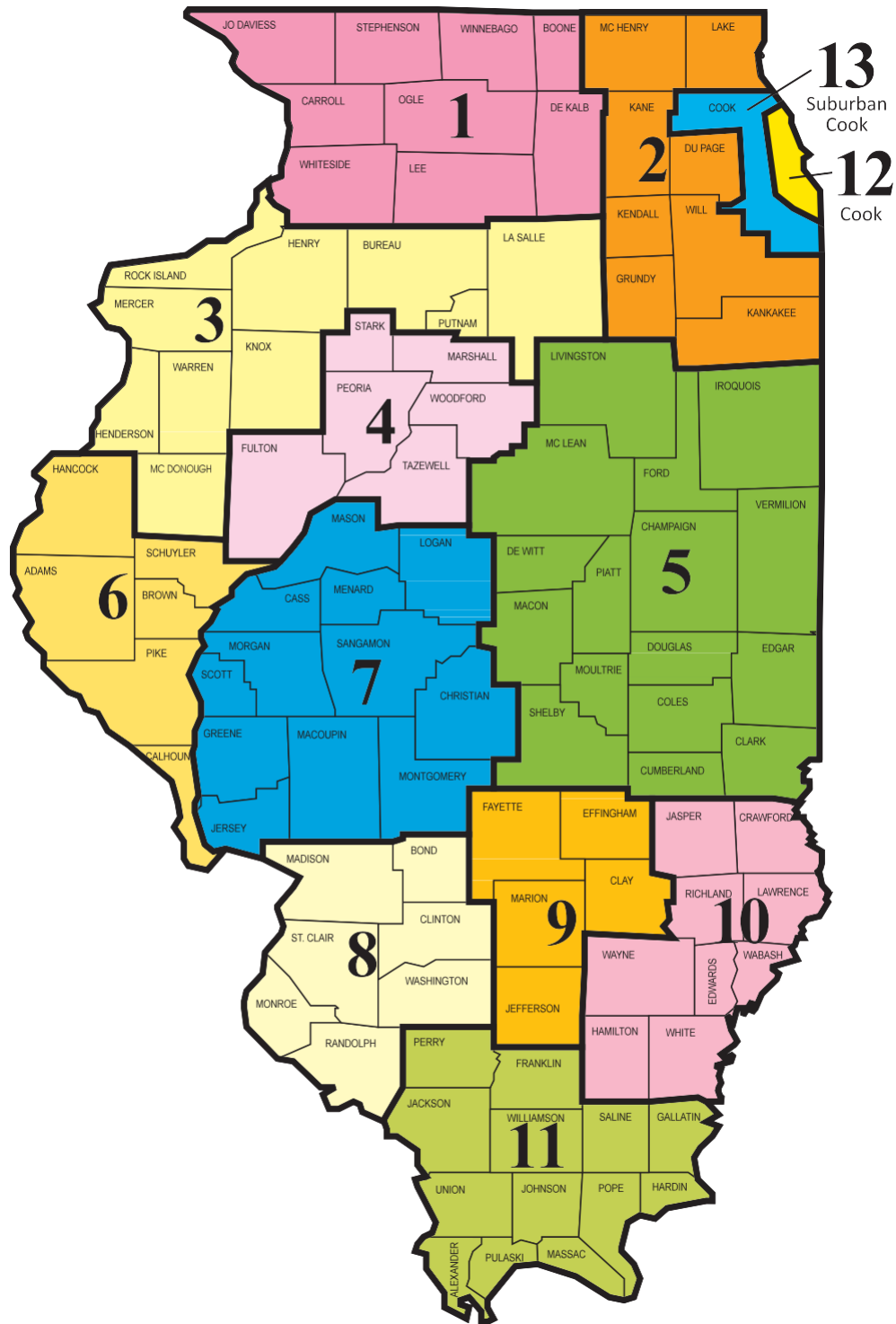
U.S. Census Bureau Population Data, 1970-2022. Multiple tables.

USDA Economic Research Service, Definitions of Food Security. Retrieved from: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/measurement/>

USDA Economic Research Service, Key Statistics and Graphics. Retrieved from: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/key-statistics-graphics/>

Ziliak, J, & Gundersen, C. (2021). *The state of senior hunger in America in 2021: An annual report*. Retrieved from: <https://www.feedingamerica.org/research/state-senior-hunger>

PLANNING AND SERVICE AREAS IN ILLINOIS



AREA AGENCIES ON AGING

AREA 01

Northwestern Illinois Area Agency on Aging

Grant Nyhammer, Executive Director & General Counsel
1111 South Alpine Road, Suite 600
Rockford, IL 61108
815/226-4901; FAX: 815/226-8984;
1-800-542-8402 (nine county area ONLY)
Web: www.nwilaaa.org
E-Mail: gnyhammer@nwilaaa.org

AREA 02

Age Guide Northeastern Illinois

Marla Fronczak, CEO
1910 S. Highland Ave, Suite 100
Lombard, IL 60148
630/293-5990; FAX: 630/293-7488
Web: www.ageguide.org
E-Mail: info@ageguide.org or mfronczak@ageguide.org

AREA 03

Western Illinois Area Agency on Aging

Lacey Matkovic, Executive Director
729 34th Avenue
Rock Island, IL 61201-5950
309/793-6800; FAX: 309/793-6807
1-800-322-1051 (I & A)
Web: www.wiaaa.org
E-Mail: lmatkovic@wiaaa.org

AREA 04

Central Illinois Agency on Aging, Inc.

Tessa Mahoney, President & CEO
700 Hamilton Boulevard
Peoria, IL 61603-3617
309/674-2071; FAX: 309/674-3639
1-877-777-2422; 309/674-1831 (TTY)
Web: www.ciaoa.net
E-Mail: tmahoney@ciaoa.net

AREA 05

East Central Illinois Area Agency on Aging, Inc.

Susan Real, Executive Director
1003 Maple Hill Road
Bloomington, IL 61704-9327
309/829-2065; FAX: 309/829-6021
1-800-888-4456 (I & A) (sixteen county area ONLY)
Web: www.eciaaa.org
E-Mail: SREAL@eciaaa.org

AREA 06

West Central Illinois Area Agency on Aging

Michael Drew, Director
639 York Street, Suite 333
Quincy, IL 62301
217/223-7904; FAX: 217/222-1220
1-800-252-9027 (I & A) (Voice & TTY)
Web: www.wcian.org
E-Mail: michael.drew@wcian.org

AREA 07

Age Linc

Carolyn Austin, Executive Director
2731 S. MacArthur Blvd.
Springfield, IL 62704
217/787-9234 (Voice & TTY); FAX: 217/787-6290
1-800-252-2918 (I & A) (217, 309 & 618 area codes ONLY)
Web: www.agelinc.org
E-Mail: caustin@agelinc.org

AREA 08

Age Smart Community Resources Joy

Paeth, Chief Executive Officer
801 W. State St.
O'Fallon, IL 62269-1809
618/222-2561; FAX: 618/222-2567
1-800-326-3221
Web: www.AgeSmart.org
E-Mail: jpaeth@AgeSmart.org

AREA 09

Midland Area Agency on Aging Tracy

Barczewski, Executive Director
434 South Poplar
Centralia, IL 62801-1420
618/532-1853; FAX: 618/532-5259
1-877-532-1853
Web: www.midlandaaa.org
E-Mail: tracy@midlandaaa.org

AREA 10

Southeastern Illinois Agency on Aging, Inc.

Shana Holmes, Chief Executive Officer
602 E. 5th Street
Mount Carmel, IL 62863-1558
618/262-0678; FAX: 610/854-9117
1-800-635-8544 (618 area code ONLY)
Web: www.seiaoa.com
E-Mail: southeasternaaaceoshana@gmail.com

AREA 11

Egyptian Area Agency on Aging, Inc.

Becky Salazar, Executive Director 200

East Plaza Drive

Carterville, IL 62918-1982 618/985-

8311; FAX: 618/985-8315

1-888-895-3306

Web: www.egyptianaaa.org

E-Mail: Becky.salazar@egyptianaaa.org

AREA 12

Senior Services Area Agency on Aging

Chicago Department of Family and Support Services

Margaret Laraviere, Deputy Commissioner

1615 West Chicago Avenue, 3rd Floor

Chicago, IL 60622

312/746-5682; FAX: 312/744-8168

312/744-6777 (TTY)

Web: www.cityofchicago.org/aging

E-Mail: margaret.laraviere@cityofchicago.org

AREA 13

Age Options, Inc.

Diane Slezak, President & CEO 1048

Lake Street, Suite 300 Oak Park, IL

60301

708/383-0258; FAX: 708/524-0870; 708/524-1653 (TTY)

1-800-699-9043 (Suburban Cook County area ONLY) Web:

www.ageoptions.org

E-Mail: diane.slezak@ageoptions.org

FY 2023

**HOME
DELIVERED
MEALS
REPORT**



Illinois Department on Aging

**Illinois Department on Aging One
Natural Resources Way# 100
Springfield, Illinois 62702-1271 ilaging.illinois.gov**

**Senior Helpline: 1-800-252-8966; 711 (TRS) (8:30am
to 5:00pm, Monday through Friday)**

24-Hour Adult Protective Services Hotline: 1-866-800-1409

The Illinois Department on Aging does not discriminate against any individual because of his or her race, color, religion, sex, national origin, ancestry, age, order of protection status, marital status, physical or mental disability, military status, sexual orientation, gender identity, pregnancy, or unfavorable discharge from military service in admission to programs or treatment of employment in programs or activities.

If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging.

For information call the Senior Helpline: 1-800-252-8966; 711 {TRS}.

Printed by Authority State of Illinois • 20 copies • IL-402-1273 (3/23)