



## Five Week Senior Nutrition Program for Congregations

Thank you for choosing to participate in the ongoing support of Lutheran Social Services' Senior Nutrition Program! The following materials support a five week program centered around Senior Nutrition. Additional materials needed for each week's project can be found immediately following the project explanation.

This program has been created to follow Year B of the Revised Common Lectionary (starting with Lectionary 17 on July 29<sup>th</sup>). Feel free to adapt this program as needed to fit the church calendar followed by your congregation.

Prayers to go along with each week can be found at the bottom of each page. These may already be incorporated into worship services, but they have been provided once again should they be needed. Prayers courtesy of the ELW.

Video about [Senior Nutrition](#) (This video can be running at any point during the five weeks when activities are being done. A great introduction for those who are not aware of Senior Nutrition!)  
Website: <http://www.lssmn.org/nutrition/>

To learn more about our Senior Nutrition Program, see the [Annual Report](#) (visit <http://www.lssmn.org/oa/about/> and click on "Annual Report" under Senior Nutrition)

### **LSS Senior Nutrition Glossary of Terms**

**Blizzard Boxes:** a meal consisting of non-perishable food items such as canned fruit/vegetables, meat such as tuna, crackers, and pudding to be used when Meals on Wheels cannot deliver due to inclement weather.

**Meals on Wheels:** a program that delivers meals to individuals ages 60 and older who are not able to purchase or prepare nutritious meals on their own. Those under 60 years may qualify if they are disabled or meet income requirements.

**Senior Dining Center (Congregate Dining Site):** offers well-balanced, great tasting and affordable meals in a friendly, community atmosphere. There are over 165 senior dining centers in MN!

**Senior Nutrition:** a program that provides nutritious meals, social contact and support for individuals 60 years of age and older at Senior Dining Centers, Diners' Clubs and with home-delivered meals.

**Diner's Clubs:** Local restaurants that offer senior dining meals throughout the day.



LSS Senior Dining and Meals on Wheels seeks to enable persons aged 60 and older to live healthier, more active and independent lives. **We take the work out of eating healthy!**

Menus and meal selections are prepared by a licensed, registered dietitian to ensure that meals are healthy and nutritious. Meals are available for individuals with special dietary needs, such as diabetic, low salt and low fat/low cholesterol diets.

## Week 1:

### Donation Challenge Calendar to Sponsor a Meal

A calendar has been created with instructions for individuals or families to follow to donate loose change to Senior Nutrition. These instructions encourage reflection on everyday tasks an older adult may not be able to complete on their own.

A standard meal from Meals on Wheels costs between \$4-\$7 per person. Recipients of Meals on Wheels are asked to give a suggested donation of \$4 to cover the cost of their meal. Often times, older adults cannot afford this, and depending on their age, may or may not receive government assistance to cover the cost of these meals. **Regardless of one's ability to pay, no one is turned down.** To help offset the costs of meals that are delivered without receiving a donation, individuals can sponsor a meal for \$5 to help cover the costs for those who can't.

**Set up a table in the Narthex** where individuals or families can stop by to pick up a Donation Challenge Calendar and make donations to sponsor a meal for a local senior. Materials explaining Meals on Wheels and its costs can be found below. Print these out to be placed at the table where donations can be made so congregation members understand where their donations are going. Donations of any size are welcome!

### Materials Needed:

- Printed Donation Challenge Calendar
- Box or Basket to collect donations
- Printed materials explaining Sponsor a Meal

### Week One Prayer- John 6: 1-21

Gracious God, you have placed within the hearts of all your children a longing for your word and a hunger for your truth. Grant that we may know your Son to be the true bread of heaven and share this bread with all the world, through Jesus Christ, our Savior and Lord. Amen.

### Other Suggestions

#### Week One

- Donate a portion of Sunday's collected offering to LSS Senior Nutrition
- Sponsor a meal for members of the community and congregation to enjoy together. Collect a freewill offering to donate to LSS Senior Nutrition



**JULY 29-AUGUST 26 2018**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>29</b> Donate 25¢ if you can do your own grocery shopping	<b>30</b> If you can stand long enough to prepare a meal, donate 50¢	<b>31</b> Donate \$1 if you eat more than toast and coffee for breakfast	<b>1</b> Donate 25¢ if you don't have any problems chewing your food	<b>2</b> If you eat 5 servings of fruits/vegetables a day, donate 25¢	<b>3</b> If you are able to get around without a cane/walker /other device, donate \$1	<b>4</b> If you connect with others via email or social media, donate 25¢ for each way you connect
<b>5</b> Donate 50¢ if you have not had to change the way you eat because of an illness	<b>6</b> If you can take care of your finances without assistance, donate \$1	<b>7</b> Donate \$1 if you have enough money to buy the food you need	<b>8</b> If you eat more than 2 balanced meals a day, donate 50¢ for each meal you eat	<b>9</b> If you are not on a special diet ordered by your doctor, donate 50¢	<b>10</b> Donate 10¢ for every social group or club you belong to	<b>11</b> If your sense of smell or taste hasn't diminished, donate 25¢
<b>12</b> If you don't live alone, donate 50¢	<b>13</b> Donate 50¢ if you own a car	<b>14</b> If you can clean your home without any help, give \$1	<b>15</b> Donate 10¢ for every meal that you eat with other people	<b>16</b> Donate \$1 if you don't eat the same thing every day	<b>17</b> If you can feed yourself without help, donate 25¢	<b>18</b> If you take less than 3 prescriptions a day, donate 50¢
<b>19</b> Donate 50¢ if you can clean up after preparing a meal	<b>20</b> If you have a driver's license, donate 50¢	<b>21</b> Donate 50¢ if you can do yard work on your own	<b>22</b> If you can drive yourself to appointments, donate \$1	<b>23</b> If you can shower or bathe on your own, donate \$1	<b>24</b> If you have 2-3 servings of dairy each day, donate 25¢	<b>25</b> If you can see well enough to read a newspaper, donate 25¢
<b>26</b> Bring change to church for noisy offering!						

## LUTHERAN SOCIAL SERVICE OF MN

# SENIOR NUTRITION



### 2016 STATISTICS IN MN

4,909 volunteers

16,478 older adults served

3,552 meals served each day

Help us serve 1 million meals in 2018!

### COST OF MEALS

Seniors are asked to donate \$4 to help cover the cost of their meal. Those who cannot afford to pay eat for free.



Seniors 65 years and older may qualify to receive government assistance to help cover the cost of meals.



### SPONSOR A MEAL

A \$5 donation covers the cost of a meal that seniors receive for free



## Week 2:

### **Blizzard Box**

Blizzard Boxes ensure that older adults always have nutritious food available when regular meal deliveries must be cancelled due to inclement weather.

Package individual meals in brown paper bags. When assembling Blizzard Boxes, include:

- A can of chicken or tuna
- A can of soup
- Canned fruit or vegetables
- Individual packs of crackers
- Hot cocoa packets (in lieu of milk)
- Granola bars, pudding cups, or small packs of cookies

Upon completion, contact Kristen Schurrer, Sr. Director of Sr. Nutrition at [Kristin.Schurrer@lssmn.org](mailto:Kristin.Schurrer@lssmn.org) or 651-255-2456.

Blizzard Boxes are in greater need in rural areas such as the Northwest and Southwest synods when weather and road conditions make it difficult for Meals on Wheels to deliver food. Contact Kristen Schurrer (contact information listed above) for more information.

LSS Senior Dining sites have planned menus for meals each week. Often times, these locations are in need of specific items in order to carry out the planned menu and a food drive could help with supplying these items. If a food drive is of interest to your congregation, contact Kristen to find out what is needed most (see link above).

The Metro Area (St. Paul and Minneapolis Synods) do not tend to rely on the use of Blizzard Boxes as often as rural areas. There are many other ways to contribute to Senior Nutrition in the Metro Area. A few ideas include holding a bake sale after worship, donating a portion of the collected offering on a specific Sunday, or volunteering with Meals on Wheels in your area. If assembling Blizzard Boxes or holding a food drive has high interest, LSS will be able to help distribute these donations to other areas of the state that are in need upon the completion of these collection efforts.

### **Week Two Prayer John- 6:23-35**

O God, eternal goodness, immeasurable love, you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes from only you, through Jesus Christ, our Savior and Lord. Amen.

### **Other Suggestions**

#### **Week Two**

- Depending on the location and need in your area, consider holding a food drive
- Volunteer at a local Senior Dining Center or nursing home



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After assembly is complete, return these to the designated area at church!

For more information on Blizzard Boxes and Senior Nutrition, visit [lssmn.org](http://lssmn.org)!

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## Week 3:

### **Create Comfort Items for Blizzard Boxes**

Many older adults struggle with isolation as they are not able to leave their house on their own terms or without the help of family or friends. Homemade cards and placemats are a great way to show support for older adults and to brighten their day when a meal is delivered.

Cards

Placemats

Comfort items (adult coloring books, crossword puzzle books, playing cards, etc.)

### **Other Suggestions**

#### **Week Three**

- Announcement reminder about assembling Blizzard Boxes
- Announcement reminder about Donation Challenge Calendar

Set up a table in the Narthex (or other common location) where members of the congregation can make cards to be delivered with Blizzard Boxes. Hold onto these cards until Blizzard Boxes are collected (Week 5). When all Blizzard Boxes have been collected, place a card or note inside each one.

To deliver Blizzard Boxes, cards and other comfort items, contact Kristen Schurrer, Sr. Director of Sr. Nutrition at [Kristin.Schurrer@lssmn.org](mailto:Kristin.Schurrer@lssmn.org) or 651-255-2456.

#### Materials Needed:

- Paper for Cards and Placemats (Colored or White)
- Writing Utensils
  - Markers, Crayons, Colored Pencils, or Pens
- Printed sign (below) explaining card making

### **Week Three Prayer- John 6:35, 41-51**

Gracious God, your blessed Son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that, strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord. Amen.

## Create a card or placemat for Blizzard Boxes!



Many older adults in our community struggle with isolation and would love to hear from you! We will add these cards to the Blizzard Boxes (canned goods for when regular meal deliveries must cancel due to bad weather) that will be delivered to older adults in need. Your beautiful notes and items of comfort will brighten their day!

## Week 4:

### **Sponsor a Meal**

The importance of supplying nutritious meals to older adults around the state is a large focus of LSS Senior Nutrition. Costs for these meals can add up quickly with limited access to funds, which is why **Sponsor a Meal occurs twice throughout the five week period.**

Monetary donations are an immediate need for Senior Nutrition in order to ensure that older adults around the state of Minnesota are able to receive a nutritious meal through Meals on Wheels. The recipients of these meals are asked to help cover the cost, but often times cannot afford to do so.

Regardless of one's ability to pay for these meals, no one is turned away from receiving them. By sponsoring a meal, it ensures that older adults around the states are guaranteed a healthy meal each day regardless of their ability to pay for it.

See **Week One** for further instructions.

Materials Needed:

- Box or Basket to collect donations
- Infographic with stats and explanation (Week One)

### **Week Four Prayer- John 6:51-58**

Ever-loving God, your Son gives himself as living bread for the life of the world. Fill us with such knowledge of his presence that we may be strengthened and sustained by his risen life to serve you continually, through Jesus Christ, our Savior and Lord. Amen.

### **Other Suggestions**

#### **Week Four**

- Set up an ongoing area for congregation members to continue making cards to be included with Blizzard Boxes or Meals

## Week 5:

The final week of this program is used to encourage collection of the various donations gathered by your congregation and to say a final blessing.

Consider a fun way to collect monetary donations, such as a noisy offering in a service or using something like a Culligan water jug to collect money. This is a fun visual way for both young and old in the congregation to see the progress they are making in regards to the funds that have been raised.

Designate a specific location in the church for members to drop off completed Blizzard Boxes such as the Info Center or a designated table in a common area. If more cards/comfort items are needed for the Blizzard Boxes, encourage members to make them at home or to make one when they drop off their completed bag. This can be done at a designated table by having card/placemat making materials available when they arrive. Encourage members to take part in the send-off blessing once all donation have been collected. Please contact Kristen Schurrer, Sr. Director of Sr. Nutrition at [Kristin.Schurrer@lssmn.org](mailto:Kristin.Schurrer@lssmn.org) or 651-255-2456

### **Week Five Prayer- John 6:56-69**

Holy God, your word feeds your people with life that is eternal. Direct our choices and preserve us in your truth, that, renouncing what is false and evil, we may live in you, through Jesus Christ, our Savior and Lord. Amen.

### **Final Blessing for Collected Donations**

Abundant giver, in response to our hunger you provide our daily bread. Bless these gifts of nourishing food and financial resources, which we have now gathered. May they nourish the lives of seniors who need your extra care and love. Give life and strength to those who are hungry, and fill us all with a hunger for justice, through Christ our Lord. Amen (Prayer courtesy of the ELCA).

### **Other Suggestions**

#### **Week Five**

- Set up an ongoing area for congregation members to continue making cards to be included with Blizzard Boxes or Meals
- Visit older adults who are unable to leave their homes or local nursing homes/senior centers
- Hold an event that encourages intergenerational relationships such as a craft project or baking day



## Volunteering

*If anyone in your congregation is interested in becoming more involved with Sr. Nutrition, come join the almost **5,000 volunteers** that are volunteering at dining sites, delivering meals, and more with older adults across the state!*

Individuals and groups can volunteer year-round, or partner as a part of this year's "God's Work. Our Hands." initiative. You will be hearing more about "God's Work. Our Hands." from LSS of MN and the ELCA in the coming months.



**God's work.  
Our hands.**

For more information about individual or group volunteering, go to [www.lssmn.org/volunteer/opportunities/](http://www.lssmn.org/volunteer/opportunities/)

For more information about "God's Work. Our Hands." go to [www.lssmn.org/GodsWorkOurHands/](http://www.lssmn.org/GodsWorkOurHands/)

Contact Maria Hurni, LSS Volunteer Services Capacity Builder, at [maria.hurni@lssmn.org](mailto:maria.hurni@lssmn.org) or 651.287.2563 to find out more!