

# Northwestern Illinois Community Action Agency (NICAA) Senior Citizens Services Golden Meals Program

524 West Stephenson, Freeport, IL 61032  
815-232-8896

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



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



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



Hot meals are delivered Monday through Thursday with a cold tray delivered on Thursday for Friday's meal and frozen meals for the weekend. Sack suppers are available. A suggested donation of \$3.00 per meal is requested. No one will be denied service due to their inability to donate.

**To begin home-delivered meal service, call the NICAA Golden Meals office at 815-232-8896. You will be asked some questions to determine eligibility. Meals can usually be started the next day.**

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