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## Dining Center Locations

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There are 30 HOMESTEAD Nutrition Project locations in the 18 counties of northwest Kansas. Locations are as follows:

Atwood	Norton
Colby	Oakley
Downs	Oberlin
Ellis	Osborne
Goodland	Palco
Gove	Phillipsburg
Hays	Plainville
Hill City	Quinter
Hoxie	Russell
Kanorado	Sharon Springs
Kensington	St. Francis
Lenora	Smith Center
Lucas	Stockton
Luray	Victoria
Nicodemus	WaKeeney

For more information on locating a dining center near you, call the:

**Northwest Kansas Area Agency on Aging**

**(785) 628-8824**

or

**1-800-432-7422**

**The HOMESTEAD Nutrition Project IIIC(1) Congregate Meals Program and IIIC(2) Home Delivered Meals Program is funded by the Older Americans Act.**

The HOMESTEAD Nutrition Project is administered by the Northwest Kansas Area Agency on Aging, Inc., serving the following counties in Northwest Kansas:

CHEYENNE  
DECATUR  
ELLIS  
GRAHAM  
GOVE  
LOGAN  
NORTON  
OSBORNE  
PHILLIPS

RAWLINS  
ROOKS  
RUSSELL  
SHERIDAN  
SHERMAN  
SMITH  
THOMAS  
TREGO  
WALLACE

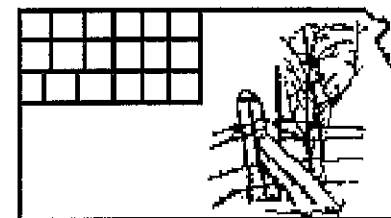
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## HOMESTEAD Nutrition Project

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*"Serving 18 counties in Northwest Kansas"*

**Northwest Kansas Area Agency on Aging**

**510 W. 29th St. Ste B  
P.O. Box 610  
Hays, KS 67601**

**(785) 628-8204  
1-800-432-7422**

NWKAAA does not discriminate on the basis of race, color, national origin, sex, age or handicap. If you feel that you have been discriminated against, you have the right to file a complaint with NWKAAA, 1-800-432-7422, TDD 1-800-766-3777.

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## **Congregate Meals Program**

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The congregate meals program is designed to help bring people age 60 and over together to share a hot, nutritious meal, fun and friendship.

Our purpose is to enrich the lives of seniors by providing nutrition education, promoting better health through a daily well balanced meal and better mental health by providing a place for fellowship with other senior citizens.

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## **Cost of the Meal**

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A suggested donation price for those 60 and older is posted at the dining center and on the information given to home delivered clients. Guests under age 60 are required to pay the full meal cost posted at the nutrition site.

The contributions are used by the HOMESTEAD Nutrition Project to maintain and expand the congregate and home delivered meals programs.

Reservations for a congregate or home delivered meal are required by noon the day before and can be made by calling the local nutrition site.

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## **Home Delivered Meals**

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Hot, balanced, nutritious, noon -time meals are delivered by volunteers enabling many adults 60 and over to continue living in their own home.

Our goal is to enable those who are homebound because of physical or social disabilities to remain in their own homes and improve their health through proper diet and good nutrition information.

In order to receive home delivered meals, the person must be certified by a HOMESTEAD Nutrition Project qualified assessor.