


Senior Dining Program

Catholic Charities Senior Dining provides nutritious meals to persons age 60 and over, helping seniors lead independent lives and age in place with dignity.




Catholic Charities receives partial funding from Central MN Council on Aging and Title III OAA Funding, along with funding from United Way, local communities and diner contributions. These funds are used to provide nutritious meals to seniors and promote wellness through social interaction and connection to other services.

Minnesota's rural seniors are at great risk of food insecurity and social isolation. When programs like Catholic Charities sees a reduction in funding, the seniors we can no longer serve have very few alternatives. **Our goal is to help seniors age in place with dignity and independence.**

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Congregate Dining

 - Congregate dining provides nutritious noon-hour meals to persons age 60+.
 - We have group dining and Meals on Wheels services in **47 communities** across Central Minnesota.



Frozen Meal Distribution

 - Frozen meals are intended for seniors 60 or older, low income (at or below the poverty line), in need of nutritional support, and have difficulty preparing or shopping for their own meals.



Meals on Wheels

 - Catholic Charities Meals on Wheels delivers meals to persons who are homebound or in need of rehabilitation time from surgery or illness. Volunteer drivers provide critical social interaction.

+ 1,753 seniors were served hot meals in 2024.

+ 279,649 hot and frozen meals were delivered in 2024.

More Than Just A Meal



Senior Dining offers more than just a meal – we provide a nurturing environment that fosters friendships and a sense of belonging. Roberta, a Senior Dining Coordinator for 15 years, has witnessed the powerful impact of our services at the Grasston and Mora locations.

A woman who recently suffered a stroke faced significant challenges, but she was determined to regain her independence. After her therapy sessions, she and her husband would come to Senior Dining, where they found not only a meal but a circle of support.

Every visit, a group of women diners would greet them with warm smiles, helping with her jacket and meal. Over time, the woman's strength and independence began to improve. The therapy sessions and unwavering support of her new friends at Senior Dining, made a significant difference in her recovery.

The couple maintains their deep friendships with the group of women they met at Senior Dining. Even in their 90s, they continue to get together, reminiscing about the meals that sustained them, the friendships that uplifted them, and the kindness that made all the difference.

For Roberta, this story is a reminder of the true essence of her work. It's not just about coordinating meals – it's about creating a community where people care for one another, lifting each other up in times of need.



**Contact Catholic Charities
for more information:**

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www.ccstcloud.org/senior-dining



Senior Dining Program



Catholic Charities Senior Dining 2024 By the Numbers

5,294

Seniors served.

351,150

Meals served.

14

Counties served.

County	Seniors Served	Meals Served
Benton	111	9,023
Cass	48	3,820
Chisago	304	19,741
Crow Wing	469	33,254
Isanti	154	14,970

County	Seniors Served	Meals Served
Kanabec	229	20,146
Mille Lacs	235	20,382
Morrison	126	12,584
Pine	299	33,193
Sherburne	697	58,451

County	Seniors Served	Meals Served
Stearns	1,498	95,476
Todd	171	13,935
Wadena	53	6,935
Wright	422	35,312



What's at stake if Federal Funding is drastically reduced or frozen:

Seniors age 60 and older would lose access to 5,200 meals per week, including more than 500 homebound seniors served through Catholic Charities Senior Dining.

**Catholic Charities Senior Dining
funding for 2025 has been reduced by**

\$526,027

**Catholic Charities Senior Dining
funding for 2025 has been reduced by**

117,493 meals



Senior nutrition is essential to support older adults who wish to live independently. Meals and rides help seniors live with dignity in their own homes.



Budget cuts have increased the unmet needs of seniors in Minnesota as providers across the state are closing dining sites and cutting meals.



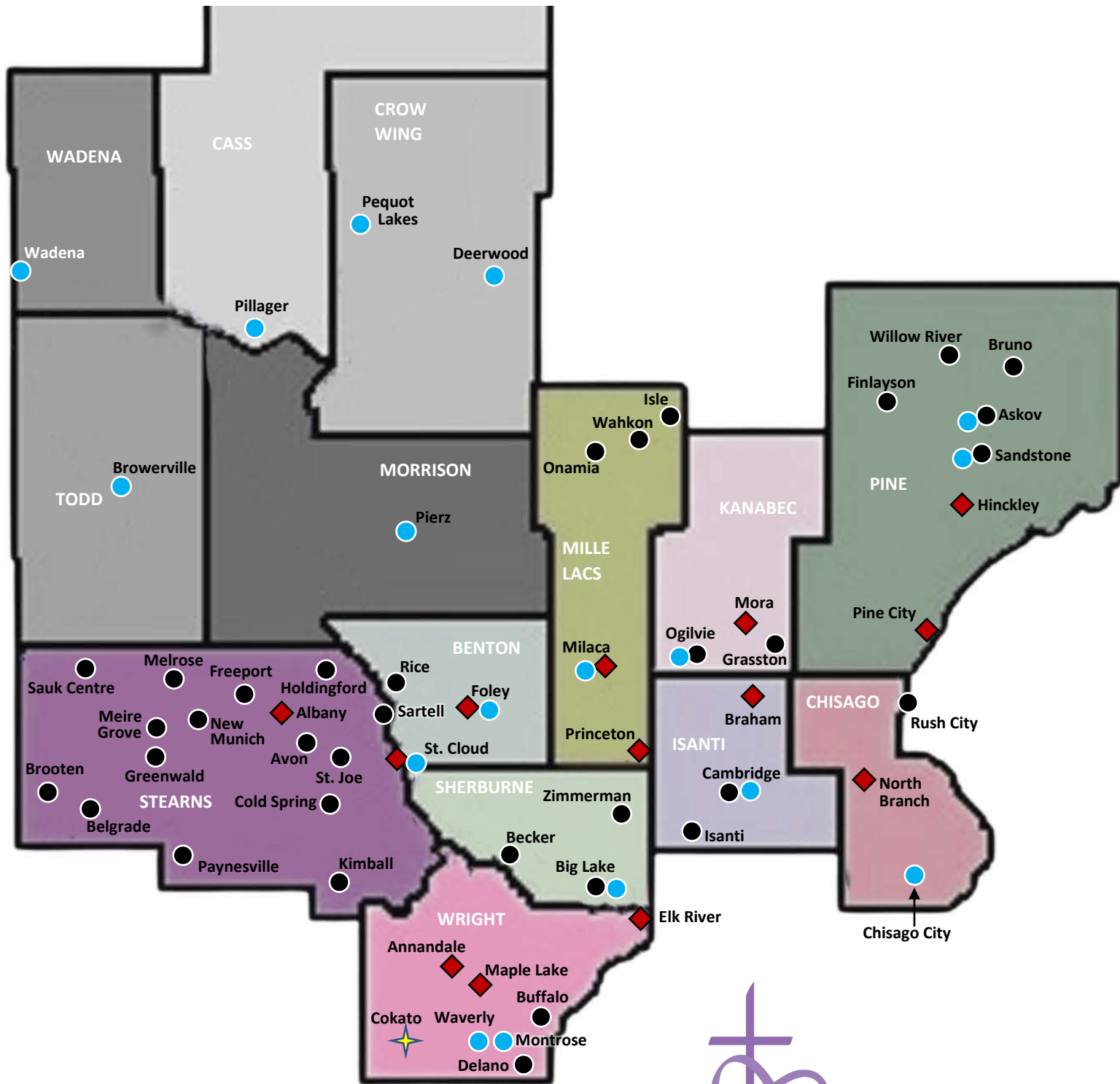
Seniors in rural Minnesota are at higher risk of social isolation and have access to fewer food programs than those in the metro area.



According to AARP, older adults on average stop driving at age 75. This places them at risk of isolation and loss of food access. Transportation services are in short supply across Minnesota and the need is growing.

Preventing or slowing down Seniors spend down to Medicaid

According to Genworth MN, nursing home care is about \$171,000 a year for a room. The MN Department of Human Services reports that a majority of seniors who enter assisted living or nursing home care transfer to Medicaid within one month. By elevating the needs of community dwelling seniors we can also prevent or slow their spend down to Medicaid which benefits the state.



 Congregate Dining Only

 Congregate Dining and Meals on Wheels

 Meals on Wheels Only

 Frozen Meal Distribution

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