

**There are five (5) senior centers in  
Rensselaer County. They are:**

Troy Area Senior Center  
19 Third Street  
Troy, NY 12180  
518-270-5348

Rensselaer Area Senior Center  
East & Herrick Streets  
Rensselaer, NY 12144  
518-463-2166

Edward C. Swartz Senior Center  
1800 East Schodack Road  
Castleton, NY 12033  
518-477-6581

Everett Wagar Senior Center  
2 Roxborough Road  
Grafton, NY 12082  
518-279-3413

Hoosick Falls Senior Center  
69 Church Street  
Hoosick Falls, NY 12090  
518-686-7561

Rensselaer County  
Unified Family Services  
Department for the Aging

1600 7th Avenue  
Ned Pattison Government  
Building

Phone: 518-270-2730  
Fax: 518-270-2737

**Home Delivered  
Meals**

**Rensselaer County  
Unified Family Services  
Department for the Aging**



**Kathleen M. Jimino, County Executive**

**Carol Rosbozom, Commissioner**

Home Delivered Meals are available for people who are:

- Residents of Rensselaer County
- 60 Years of Age or Older
- Home bound
- Living alone
- Frail
- Physically incapable of preparing a meal
- Unable to obtain help from others
- Lacking facilities to prepare meals
- Receiving Hospice Care\*

A Home Visit will be **REQUIRED** to be on the Home Delivered Meals Program. The Home Visit will consist of an assessment to determine eligibility for the program.

\*No assessment needed for seniors receiving Hospice Care.

Home Delivered Meals are prepared daily onsite at one of the local senior centers in Rensselaer County. The Home Delivered Meal will meet at least One-Third (1/3) of the recommended dietary allowances (RDA) for an adult age 60 years and older.

Each meal will include:

3 ozs edible portion meat, fish, poultry or alternative

2 1/2 cups servings of vegetables

1 serving whole grain or enriched bread

1 teaspoon butter or margarine

1/2 cup dessert

1/2 pint milk, 2% or fortified skim

The suggested contribution is \$3.00 per meal. On Fridays, the Brown Bag Meal is \$1.00. No one is denied a meal due to an inability to contribute.

All meals are delivered between 11 a.m. and 2 p.m., Monday through Friday.

Services provided the Rensselaer County Unified Family Services, Department for the Aging are funded by Rensselaer County, the New York State Office for the Aging and the Older Americans Act of 1965.

For more information on the Home Delivered Meals Program please call 518-270-2739 or 518-270-2730