

The Senior Nutrition Program

The Senior Nutrition Program provides older adults (60+) with healthy and nutritious home-delivered and community group meals. The program aims to reduce food insecurity and malnutrition, promote socialization, and support health and wellbeing to help us maintain independence and promote aging in place. The Age Strong Commission partners with non-profit organizations, Ethos and The Greater Boston Chinese Golden Age Center, to provide meal services throughout the City of Boston.

Community Meal Sites: Older adults (60+) and their spouses can enjoy their lunch with others at more than 40 locations across the city. Visit our [Community Meal Site Map](#) to find your closest location.

Home Delivered Meals (Meals on Wheels): The Home delivered meal program provides nutritious food and wellness checks to older adults (60+) who experience limited mobility, isolation, significant difficulty preparing meals, or are homebound.

Ethos: A diverse offering of traditional American fare, Caribbean, Vietnamese, Italian, vegetarian, Kosher meals and more. For more information and to register for meal services please call (617)-522-6700 or visit the [Ethos Website](#).

The Greater Boston Chinese Golden Age Center: Hot, culturally appropriate Chinese meals made with fresh ingredients every day. For more information and to register for meal services please call (617)-357-0226 or visit [The Chinese Golden Age Center Website](#).