

Seniors United for Nutrition (SUN) Program

For Senior Dining Menu, scroll to the bottom of the page.

The mission of the Seniors United for Nutrition Program, Inc (SUN) is to support and assist seniors 60 and over by providing hot nutritious meals, home delivered or in a group setting, to promote fellowship, reduce isolation, and to provide prevention programming to assist in maintaining independence and involvement in their community.

SUN Board Approved 9/1/2006

We serve senior adults 60 and over in both Iowa and Lafayette counties. Lafayette county congregate sites include Belmont, Benton, Blanchardville, Darlington, and Shullsburg. Home delivery is available in all sites. Home delivery only is available in Argyle and a surrounding rural route serving Wiota, Lamont, Gratiot, and South Wayne; these meals come from Darlington. Home delivery in the city of Darlington is done by the local churches. Current Iowa County congregate sites include Arena, Dodgeville, Highland, and Linden. Home delivery is available in all sites plus Mineral Point, Avoca, and Hollandale (serving from Blanchardville). Home delivery is available to all participants within the city limits in each community we serve. SUN will make every effort to serve rural home delivery participants, depending on availability of a driver and funds. All sites serve Monday through Friday, except Avoca, where home delivery is available Monday, Wednesday and Friday, and Hollandale, where home delivery is available Monday through Thursday.

Statistics have proven the nutrition program has been instrumental in assisting in keeping seniors in their own homes and independent longer, thereby saving dollars in health care costs and aiding in the comfort and happiness of older Americans.

Volunteers are the heart of our program. All program operations depend upon the support and hours given by local volunteers assisting at all the meal sites. If you are interested in volunteer opportunities contact the SUN main office at 608-930-9845.

Seniors United for Nutrition Program, Inc. is a private non-profit organization financially supported in part by:

- Federal Older American's Act
- FEMA funding
- NSIP funding
- Local Municipalities
- Local Community grants

Individual site Donations

Meal Donations

We gratefully accept and acknowledge individual contributions financially and through volunteering. Please consider making a donation to the SUN program. Contact the main office at 608-930-9845.

Monthly newsletter menus and articles are available from the Iowa County Commission on Aging website or by contacting 608-930-9835 and the Lafayette County Aging Resource Center at 608-776-4960. Check your local newspaper for weekly postings of meal site menus.

Programs

The following programs and services are offered through Seniors United for Nutrition Program (SUN), Inc.

Home Delivered Meal Program

Home Delivered meals are nutritious, mid day meals delivered to your home via volunteers. These meals are available Monday through Friday to home bound seniors 60 and over; they are delivered from a local community site. Home delivery is available to all participants within the city limits in each community we serve. SUN will make every effort to serve rural home delivery participants, depending on availability of a driver and funds. This meal provides 1/3 of the daily recommended dietary requirements for seniors and is the main meal of the day. All meals are no added salt and accommodations can be made for diabetics. Please make a reservation one day in advance. Meals can be offered to those under 60 or the disabled for an additional cost; please contact the SUN office.

New as of January 1, 2019- Suggested donation increased to \$5.50.

Congregate Nutrition Site

Mid day meals are offered Monday through Friday to seniors 60 and over, as a local community site. This meal provides 1/3 of the daily recommended dietary requirements for seniors and is the main meal of the day. The nutrition program provides education and information along with the meal. All meals are no added salt and accommodations can be made for diabetics. SUN served 36,502 meals to seniors in Iowa and Lafayette Counties in 2013. "Remember that the nutrition program is more than just a meal!" There are opportunities for cards, sharing of talents, entertainment and good times spent together! Please make a reservation one day in advance, to attend the meal site located closest to you. Meals can be offered to those under 60 or the disabled for an added cost; please contact the SUN office.

New as of January 1, 2019- Suggested donation increased to \$5.00.

Lafayette County Sites

Argyle ~ **Home Delivered Only**

- Kathy Kay, Site Manager- 776-4969

Belmont ~ **Community Building**

- Kendall Krumrie, Site Manager- 762-5114

Benton ~ **VFW Building**

- Farrah, Cook/Site Manager- 759-6671

Blanchardville ~ **The Viking Café**

- Diana Van Matre, Manager & Owner- 523-4327
- Lunch at 11:30am

Darlington ~ **Municipal Building ~ Senior Center**

- Kathy Kay, Site Manager- 776-4969

Darlington - **Home Delivered Meals**

- Contact Lafayette Manor- 776-4472, Ext. 123
- \$5 Fee/meal

Shullsburg ~ **Townsend Community Center**

- Paula Van Lent, Site Manager- 965-4424, Ext. 226

South Wayne ~ **Home Delivered Only**

- Kathy Kay, Site Manager- 776-4969

Supporting Documents

April 2022 SUN Menu 154.35 KB