



ERIE COUNTY STAY FIT DINING PROGRAM OFFERING FROZEN MEAL OPTION

The Erie County Stay Fit Dining Program congregate lunch site will be on pause until further notice. As a healthy alternative, FROZEN MEALS will be available for curbside pick-up once a week for registered participants. Milk, roll, and dessert will be included with each meal. Just like the Stay Fit Dining Program, the suggested contribution is \$3 per meal, but no one will be turned away for lack of ability to pay. Your contribution will be collected when you pick up your meals.

This program IS available to Seniors all over Erie County, who are able to come and pick up their meals for the week, even if you've never participated in the Stay Fit Dining Program before.

The Erie County Stay Fit Dining Program is pleased to offer the 3 or 5 pack varieties of frozen meals through the new Frozen Meal Program. The 3 pack meals will have some combination of the meals offered in the 5 pack. Frozen Meal Menus will be released in the beginning in the month. Those who are receiving the meals will receive a copy of the menu with your meals. If you'd like a menu please contact Kevin at the phone number below.

All meals will come in a "meal pack" labeled clearly and will include instructions on how to reheat them. Entrée items will include things like meatballs & gravy, pulled pork, chicken breast, chicken tenders, and various others that have been tested and freeze well.

If you would like more information or would like to sign up,
please call Kevin at 662-6452 (option 3).

**Weekly reservations must be called in no later than 11:00 am
on the Wednesday of the week before.**

**MEALS WILL THEN NEED TO BE PICKED UP ON MONDAY MORNING
BETWEEN 9:00 - 9:30 am AT THE
FRONT ENTRANCE OF THE SENIOR CENTER.**