

Rensselaer County Senior Centers

Troy Area Senior Center

1520 Sixth Avenue, Suites 1-3
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 Rd
Castleton, NY 12033
518-477-6581

Everett Wagar Senior Center

2 Roxborough Rd
Grafton, NY 12082
518-279-3413

Hoosick Falls Senior Center

69 Church St
Hoosick Falls, NY 12090
518-686-7561



Rensselaer County Unified Family Services Department for the Aging

99 Troy Road
East Greenbush, NY 12061

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



Rensselaer County
Department for the
Aging



Home Delivered Meals

Rensselaer County
Unified Family Services
Department for the Aging

Steven F. McLaughlin, County Executive
Carol L. 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*

*No assessment is needed for seniors 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.

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 serving of vegetables
- 1 serving whole grain or enriched bread
- 2 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 by the Rensselaer County Unified Family Services, Department for the Aging and 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:

518-270-2740 or 518-270-2730

