



ERIE COUNTY STAY FIT DINING PROGRAM NOW OFFERING

Frozen Meal Option

The Erie County Stay Fit Dining Program congregate lunch sites 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 and dessert will be included with each meal. Just like the Stay Fit Dining Program, the suggested contribution is \$3 per meal. Your contribution will be collected when you pick up your meals.

There are 3 meal or 5 meal per week options. You will not be able to select your individual meals at this time—they will come as a “meal pack” clearly labeled and including instructions on how to reheat. Entrée items will include items such as meatballs and gravy, pulled pork, chicken breasts, chicken tenders, and various other healthy and delicious meals that have been tested and freeze well.

This program is available to all seniors of Erie County who are able to pick up their meals each week, even if you have never participated in the Stay Fit Dining Program in the past.

For the Clarence Senior Center Site, weekly reservations must be called in by 11:00 am on the Wednesday of each week for the next week. Meals will need to be picked up on Monday between 9:00-9:30 am in the front of the Senior Center under the drive-thru.

If you would like more information or would like to sign up, call Nicky at 633-5138.