

Nutrition Awareness Day

2026 Theme: Discover the Power of Nutrition



Every March, LifeSpan Resources celebrates National Nutrition Awareness Day (NAD). This year, NAD was held on Wednesday, March 18. Each of our congregate sites had a special lunch and nutrition education classes.

This year's special menu was BBQ Chicken, Baked Pork & Beans, Cabbage and Apple Slaw, Peaches, Whole Grain Bun and Milk.

About Our Congregate Meal Sites

Our congregate meal sites are open Monday through Friday each week to provide warm, nutritionally balanced hot lunches to adults age 60+ or to individuals with disabilities. Our centers also offer nutrition education programs, evidence-based health and wellness programs and socialization activities. Everyone is invited and welcome to any of our centers. Meal orders are placed each Thursday for the following week, so please call before Thursday to make a reservation. Meals are planned by a registered dietitian and area available for a suggested donation of \$3.00 per meal and include entree, vegetables, low sugar desserts, whole grain breads and beverages.

On Wednesday, March 18, all of our Congregate sites celebrated Nutrition Awareness Day by inviting elected officials to join in a meal and update our attendees on happenings in the communities we serve. See photos from these events below.

Bacala



Jefferson Park



Joe Rhoads



Mark Elrod Towers



Yellowwood

