

# A Senior's Guide to the Montgomery County Senior Nutrition Program



June 2025

You have successfully registered in the Senior Nutrition Program. The Department of Health and Human Services welcomes you to our congregate meal program, offered at partnering locations. Meals are available to eligible seniors for a voluntary donation.

## **Program Purpose**

The Montgomery County Senior Nutrition Program (SNP) is funded under Public Law 109-365, the Older Americans Act (OAA). *The Older Americans Act requires that preference be given to those with the greatest economic and social need, with particular attention to low-income older individuals including low-income minority older individuals and older individuals with limited English proficiency.*

The goal of SNP is to promote better health through improved nutrition and to help older adults remain healthy, independent, and active. The congregate setting encourages fellowship and reduces isolation through socialization and provides access to other supportive services throughout the county.

## **Eligibility**

- Anyone aged 60 and over
- Spouse (of any age) of a currently registered 60 and over participant
- A SNP volunteer (of any age) for two hours per month
- Someone with disabilities under age 60 who is living with a parent or grandparent who is an *already* registered participant
- Someone with disabilities under age 60 who lives in a building where a nutrition site is located

## **Nutrition Site Manager**

- Each meal location has Nutrition Site Manager staff who are a parttime employee or volunteer who supports this program.
- They provide menus, secure reservations, cancelations, serve meals, monitor food quality, and provide nutrition education.
- Welcomes all comments and suggestions.

## **Registration**

- Fully complete the SNP registration form (available in multiple languages) and submit to the Nutrition Site Manager at your preferred meal location.
- The registration form must be filled out annually.
- Participants will receive a SNP meal card to be used for each meal transaction.
- The SNP meal card can be used at any meal location in Montgomery County.

## **Reservations and Cancellations**

- Menus are available from the Nutrition Site Manager or on the Recreation Department's Senior Programs website at:  
<https://www.montgomerycountymd.gov/rec/activitiesandprograms/seniors/congregatemeal.html>
- Monthly menus are available in Chinese, English, French, Korean, Spanish, or Vietnamese.
- Menus indicate hot, cold, and vegetarian options. You may reserve one meal type of your choice.
- Fill out a monthly reservation menu and submit to Nutrition Site Manager.
- You may reserve a single meal at only one location per day.

To reserve or cancel a meal, you must work with the Nutrition Site Manager. The deadline for ordering or cancelling a meal is 10:00 AM on...

- Wednesday for Monday meals
- Thursday for Tuesday meals
- Friday for Wednesday meals
- Monday for Thursday meals
- Tuesday for Friday meals

## Cancellations

- Each location has a phone number or email to contact to make cancellations. Reach out to the Nutrition Site Manager for information, questions, concerns, or comments.
- Notify staff at your earliest convenience if you need to make a cancellation. When possible, cancellations should be made within the notice period.
- If you must cancel the day of the meal, it will be considered a No Show.

## No Show

- No Shows are taken very seriously; SNP pays for each meal delivered and, when not served, the waste puts the SNP funding at risk. It can jeopardize the continuation of the program.
- No shows are considered a strike toward your temporary removal from the program.
- Each month is broken into two separate time periods:
  - The 1<sup>st</sup> of any month through the 15<sup>th</sup> of the same month
  - The 16<sup>th</sup> of any month through the end of that same month
- If you receive two “strikes” during either period, you will lose your privilege to make advance reservations for the *next* two-week period.



## **Stand-by**

- A stand-by list is available only for registered participants who did not have a reservation or who have lost their advance reservation privileges for two weeks.
- Speak to the Senior Nutrition Manager about how to be added to the list.
- Meals are not guaranteed.
- Need to be at the center in person to go on the stand-by list.
- May only go on the stand-by list for that day.

## **Our Expectations of You**

- Abide by SNP rules and regulations and those of the site itself.
- Meal Ordering and Cancellations according to required timelines.
- Always behaving in a courteous and respectful manner.
- Bullying or harassment of any kind of another participant, site staff, or volunteers will not be tolerated.
- No comments that make other diners or staff uncomfortable.
- No shouting or disruption behavior that would disturb others.
- No removal of perishable food from the designated dining areas. This is a requirement of the Montgomery County Health Department for your safety.
- Nonperishable items (whole piece of fruit, bread, sealed fruit cup) are permitted to be removed. Seek clarification from onsite staff as needed.
- Violations of any of the above expectations, may result in suspension or termination from the program.

## Meal Locations

<b>Benjamin Gaither Center</b> 80A Bureau Dr, Gaithersburg 301-258-6380 Tues-Thurs 12:00PM	<b>Damascus Community Center</b> 25520 Oak Drive, Damascus 240-777-6995 Mon - Fri 12:00PM
<b>East County Community Center</b> 3310 Gateshead Manor Wy, Silver Spring 240-777-8090 Tues / Fri 1:00PM	<b>Germantown Community Center</b> 18905 Kingsview Rd, Germantown 240-777-8095 Mon / Thur 12:00PM
<b>Holiday Park Senior Center</b> 3950 Ferrara Dr, Wheaton 240-777-4961 Mon - Fri 12:00PM	<b>Long Branch Community Center</b> 8700 Piney Branch Rd, Silver Spring 240-777-6975 Mon - Fri 12:00 PM
<b>Margaret Schweinhaut Senior Center</b> 1000 Forest Glen Rd, Silver Spring 240-777-8085 Mon - Fri 12:00PM	<b>Montgomery Village Foundation at Stedwick Community Center</b> 10401 Stedwick Rd, Montgomery Village 301-926-9793 Mon - Thurs 12:00 PM
<b>North Potomac Community Center</b> 13850 Travilah Rd, Rockville 240-773-4805 Mon - Fri 11:30AM	<b>Rockville Senior Center</b> 1150 Carnation Dr, Rockville 240-314-8810 Mon - Fri 12:00PM
<b>Silver Spring Recreation &amp; Aquatic Center</b> 1319 Apple Ave, Silver Spring 240-777-6900 Mon - Fri 11:30AM	<b>Wheaton Community Center</b> 11701 Georgia Ave, Silver Spring 240-773-4833 Mon - Fri 12:00PM
<b>White Oak Community Center</b> 1700 April Ln, Silver Spring 240-777-6944 Mon - Fri 12:00PM	

## Data Protection

Your personal information does not go beyond our office. It is not submitted to the state or federal government. It is used to generate numbers and percentages that reflect who we are serving overall. We also generate reports to provide us with the necessary group demographics such as home location, general income information, general information about living arrangements and abilities.

## Donations

Congregate meals are often referred to by participants as “free”, but this is not true. You are asked to provide a donation for each meal you receive to help support the program and provide more meals. We recommend \$3 per meal, but even the smallest donations add up in the long run.

What is the meal worth to you? Please give what you can, when you can.

- Donations may be made in cash, by check, or with a credit card.
- Sorry, but we cannot make change for you. You can always give for multiple days at once.
- Please do not pressure or shame others in any way for what they donate.