



Eating Together Offers:

- Nutritious Meals
- Educational Seminars
- Health Programs
- Volunteer Opportunities
- Trips
- Speakers
- Group Activities
- Special Events
- Holiday Celebrations
- Craft Activities
- Parties
- Games
- Entertainment



Baltimore City Health Department
Division of Aging & CARE Services

410-396-CARE (2273)

www.baltimorehealth.org



MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

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Food, Friends & Fun

What is Eating Together?

Eating Together is a federally funded, congregate nutrition program, established under the Older American's Act in 1972. The program's goal is to promote health, reduce isolation and provide a nutritious meal in a congregate dining setting. Eating Together offers Baltimore City Seniors nutritious meals in a friendly and social atmosphere and opportunities to explore different areas of interest, broaden horizons, make new friends, attend educational events, socialize and enjoy.

How does the Program work?

Eligible participants must register for the Eating Together Program by completing a registration form. All Eating Together participants are issued a membership card that they can swipe each time they attend a meal program. Menus are posted monthly to allow participants to reserve a meal on the day that they wish to attend. There are more than 50 Eating Together sites in Baltimore City. The program offers nutritious lunches or dinner meals. The program also offers Kosher and Korean meals.

What is the cost of the meal?



There is no fee to join the program or for the meal itself, but every one is given an opportunity to make a confidential donation towards the cost of the meal. Donations help pay for the cost of the meal and allow more seniors to participate.

Who is Eligible?

Seniors 60 years of age or older, and their spouses regardless of age, are eligible to participate in Eating Together. Disabled persons younger than 60 years may also participate if they reside in a residential building where an Eating Together meal program is in operation.



What are the benefits?

Every participant benefits from attending the Eating Together program because they are able to enjoy a nutritious meal in a social setting as well as participate in an activity. Each time a participant swipes their Membership card, we can show the benefits and report to the agencies that fund the program how valuable the service is to the seniors in Baltimore City.

