

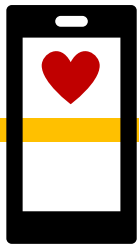
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS LOVE TO LUNCH



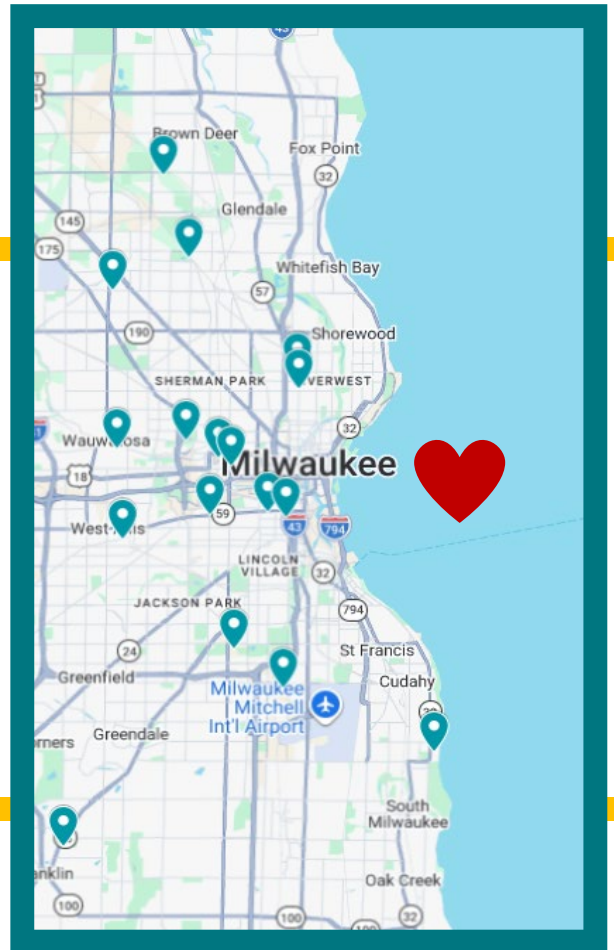
Join Us!

- Adults 60+
- View Menus Online
- Reservation may be Required
- Convenient Locations
- Transportation Options



Call Today!

Senior Dining Office
(414) 289-6995



Suggested
Contribution



60+

\$3.00





**MILWAUKEE
COUNTY**

ADRC
Aging and Disability Resource Center
of Milwaukee County

414-289-6874


MILWAUKEE COUNTY SENIOR DINING

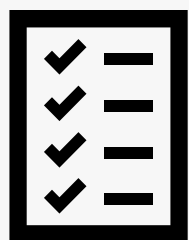
We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

Senior Dining Sites	Address	City	Zip	Phone
<input checked="" type="checkbox"/> Clinton Rose Senior Center	3045 N. Martin Luther King Drive	Milwaukee	53212	(414) 263-2255
<input checked="" type="checkbox"/> Elks Lodge	5555 W. Good Hope Road	Milwaukee	53223	(414) 760-3195
<input checked="" type="checkbox"/> Franklin City Hall	9229 W. Loomis Road	Franklin	53132	(414) 427-7696
<input checked="" type="checkbox"/> Hart Park Senior Center	7300 Chestnut Street	Wauwatosa	53213	(414) 257-3534
<input checked="" type="checkbox"/> Indian Council of the Elderly	944 N. 33 rd Street	Milwaukee	53208	(414) 933-1401
<input checked="" type="checkbox"/> Kelly Senior Center	6100 S. Lake Drive	Cudahy	53110	(414) 481-9611
<input type="checkbox"/> McGovern Park Senior Center 	4500 W. Custer Avenue	Milwaukee	53218	(414) 527-0990
<input checked="" type="checkbox"/> Milwaukee Community Crossroads	807 S. 14 th Street	Milwaukee	53204	(414) 902-5384
 Muslim Community & Health Center	803 W. Layton Avenue	Milwaukee	53221	(414) 552-3337
<input checked="" type="checkbox"/> United Community Center	730 W. Washington Street	Milwaukee	53204	(414) 649-2807
<input checked="" type="checkbox"/> Washington Park Senior Center	4420 W. Vliet Street	Milwaukee	53208	(414) 933-2332
<input checked="" type="checkbox"/> West Allis Senior Center	7001 W. National Avenue	West Allis	53214	(414) 302-8703
<input checked="" type="checkbox"/> Wilson Park Senior Center	2601 W. Howard Avenue	Milwaukee	53221	(414) 282-3284

Dine-Out Sites	Address	City	Zip	Phone
<input checked="" type="checkbox"/> An Ox Café	7411 W. Hampton Avenue	Milwaukee	53218	(414) 391-9009
<input checked="" type="checkbox"/> Daddy's Soul Food & Grille	754 N. 27 th Street	Milwaukee	53208	(414) 391-9009
<input checked="" type="checkbox"/> Orenda Café	3514 W. National Avenue	Milwaukee	53215	(414) 391-9009
<input checked="" type="checkbox"/> Rise & Grind Café	2737 N. MLK Drive	Milwaukee	53212	(414) 391-9009

KEY

- In-Person Dining
-  Grab & Go
- Closed



Getting Started:

- 1 Choose Site
- 2 Make Reservation (If required)
- 3 Submit Registration Form



6/1/2026

MILWAUKEE COUNTY SENIOR DINING

EXPLORE



Become a **Senior Diner!**



View Menus Online! county.milwaukee.gov/aging Senior Dining Office: 414.289.6995

MILWAUKEE COUNTY SENIOR DINING

Background

Primarily funded by Older Americans Act dollars, senior nutrition programs are designed to serve as gathering places for older adults (60+). There is tremendous value and opportunity in bringing people together to enjoy nutritious meals. Sharing food and engaging conversations with others is a powerful experience that encourages new connections, strengthens existing ones and ultimately improves our community.

Equally as beneficial can be the exposure to new information, awareness of relevant programs and attention to activities that promote health and well-being. While these popular services have been around for decades, excitement has been especially high around our award-winning Dine Out Restaurant partnership which adds convenience, flexibility and much needed diversity to the lineup.

We are committed to continuing these essential services while decreasing barriers to access, addressing gaps in service and introducing new & innovative solutions that keep us moving forward with satisfied customers.

WHO?



- Anyone 60+
- Spouse (of any Age)
- Dining Site Volunteer

- No income limits
- No residency restrictions

WHY?



- Reduce Hunger & Malnutrition
- Address Food Insecurity
- Combat Isolation thru Socialization
- Improve Health & Well-Being
- Delay Adverse Health Conditions

WHAT?



- Healthy Meals
- Nutrition Education
- Nutrition Assessment
- Nutrition Consultation

WHEN?



- Monday - Friday Options
- 15+ Locations
- Weekly Restaurant Dining
- Monthly Dinner Meal
- 2 Breakfast Options

WHERE?



- 7 Senior Centers
- 3 Community Centers
- 4 Restaurant Partners
- 3 Other
- Meals on Wheels

HOW?



- Choose a Dining Site
- Call for a Reservation?
- Complete Registration Form
- Transportation may be available
- Homebound? → Meals on Wheels

COST?



There is not an actual charge for Seniors. Participants are given the opportunity to contribute as they are willing or able.

MAP







MILWAUKEE COUNTY SENIOR DINING

Have you heard about this?



This exciting program expansion for those 60+ adds local restaurants to enhance our list of Senior Dining offerings. Diners choose from delicious and culturally-diverse options while supporting minority-owned restaurants.

Monday	Tuesday	Wednesday	Thursday
 BREAKFAST 2737 N. MLK Drive 9:00AM - 11:00AM	 LUNCH 754 N. 27 th Street 11:00AM - 1:00PM	 BREAKFAST 3514 W. National Avenue 8:00AM - 10:00AM	 LUNCH 7411 W. Hampton Avenue 11:00AM - 2:00PM

Participation Details

- 1 For 60+. No Reservations. First Come-First Served.
(Arrive during the scheduled time on the designated day)
- 2 Current Senior Dining Registration Required
(For anyone 60 or older--Provide proof of age)
- 3 Select from Specific Menu Options
- 4 Enjoy Your Meal!
- 5 Please Consider Making a Contribution
(Contribute what you can. Cash or Check accepted)



MILWAUKEE COUNTY SENIOR DINING

¿Ya se enteró de esto?



Esta emocionante ampliación del programa para mayores de 60 años incorpora restaurantes locales para mejorar nuestra lista de ofertas de Comedor para Adultos Mayores. Los comensales eligen entre opciones deliciosas y culturalmente diversas, mientras que apoyan a restaurantes propiedad de minorías.

Lunes	Martes	Miércoles	Jueves
 DESAYUNO 2737 N. MLK Drive 9:00AM - 11:00AM	 ALMUERZO 754 N. 27 th Street 11:00AM - 1:00PM	 DESAYUNO 3514 W. National Avenue 8:00AM - 10:00AM	 ALMUERZO 7411 W. Hampton Avenue 11:00AM - 1:00PM

Información Para Participar

- 1** Para 60 años y más. Sin reservaciones. Servicio por orden de llegada.
(Llegue durante el horario de servicio el día señalado)
- 2** Se requiere registro actual del Comedor para Adultos Mayores
(Para mayores de 60 años: presentar comprobante de edad)
- 3** Solo puede seleccionar opciones específicas del menú
- 4** ¡Disfrute su comida!
- 5** Considere realizar una contribución
(Contribuya con lo que pueda. Se acepta efectivo o cheque)



Experiencing Food Insecurity?

Low/Fixed Income



Inflationary Prices



Cut in SNAP Benefits



How to **stretch** your food dollars...

You're Invited!

Join Milwaukee County Senior Dining:

- Open to those 60+
- Convenient locations
- Delicious & Nutritious
- Wide variety of menu options
- Transportation may be available
- Connect with others
- No Income Restrictions
- No Residency Requirements
- Potential Volunteer Opportunities
- Homebound? Ask about Meals on Wheels



With many different locations, we believe there is something for everyone and invite you to **explore your options**.



Reservations **may be** required in advance of your visit-- please plan ahead.



We encourage participants to consider making a contribution, but there is not an actual charge for those 60+.

MILWAUKEE COUNTY SENIOR DINING



FOOD TRUCK THURSDAYS

2026 Schedule

JUNE

S	M	T	W	R	F	S
				4		
					18	

JULY

S	M	T	W	R	F	S
				2		
					16	

AUGUST

S	M	T	W	R	F	S
				6		
					20	

SEPTEMBER

S	M	T	W	R	F	S
				3		
					17	

	For anyone 60+ <i>On-site Registration Available</i>
	Muslim Community & Health Center <i>803 W. Layton Avenue Milwaukee 53221</i>
	11:00am - 1:00pm

Suggested Contribution

60+

\$3.00



MILWAUKEE COUNTY SENIOR DINING



FOOD TRUCK THURSDAYS

Calling all Milwaukee County Senior Diners...
and those 60+ who wish to be!

No Reservations First Come-First Served While Supplies Last Menu Subject to Change

MENU

- ✦ Grilled Chicken with Rice & Vegetables
- ✦ Cheese Quesadilla
- ✦ Chicken Quesadilla
- ✦ 3 Chicken Tacos
- ✦ Choose:
Fries or Mashed Potatoes

Meal Includes:
Salad, Fruit, Juice



Thursday, June 4



Muslim Community & Health Center
803 W. Layton Avenue, Milwaukee 53221



Service Time: 11:00am - 1:00pm



Limit: One Meal per Person
Participant must be present



Suggested Contribution

\$3.00

MILWAUKEE COUNTY SENIOR DINING



FOOD TRUCK THURSDAYS

Calling all Milwaukee County Senior Diners... and those 60+ who wish to be!

No Reservations First Come-First Served While Supplies Last Menu Subject to Change

MENU

- ✦ Chicken Fingers
- ✦ Fried Chicken Wrap
- ✦ Grilled Chicken Wrap
- ✦ Shawarma Wrap

✦ Choose:
Fries or Mashed Potatoes

Meal includes:
Salad, Fruit, Juice



Thursday, June 18



Muslim Community & Health Center
803 W. Layton Avenue, Milwaukee 53221



Service Time: 11:00am - 1:00pm



Limit: One Meal per Person
Participant must be present



Suggested Contribution

60+

\$3.00

DINE@FIVE

2026 Schedule

March

18

Wednesday

April

15

Wednesday

May

20

Wednesday

June

17

Wednesday

July

15

Wednesday

August

19

Wednesday

September

16

Wednesday

October

21

Wednesday

November

18

Wednesday

December

16

Wednesday



ELKS LODGE

5555 W. Good Hope Road
Reservations Required
(414)760-3195

9:30 - Noon, Monday Prior
On-Site Registration available.



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Now Open for Senior Dining

Thursdays 11:00 AM - 2:00 PM

7411 W. Hampton Avenue Milwaukee 53218

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & One Side

*Other Menu Items for **Full Price***

Enjoy Meal!

ENTRÉE

Select One:



- Chicken Fried Rice
- Chicken Pad Thai (*Rice Noodles*)
- Pepper Steak & Rice

SIDES

Select One:



- Crab Rangoon
- Egg Roll

*Each meal served with:
Broth/Soup, Veggies, Fruit, Beverage*



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining
Tuesdays 11:00 AM - 1:00 PM
754 N. 27th Street Milwaukee 53208

For Anyone 60+ (verified w/photo ID)
No Reservations
Check-in with Dining Staff
Complete Registration Form?
Choose Entrée & Two Sides
Other Menu Items for Full Price
Enjoy Meal!

ENTRÉE

Select One:



- Baked Chicken
- Fried Chicken
- Catfish

*(Each Entrée served with:
Dinner Roll, Fruit, Milk or Water)*

SIDES

Select Two:



- Sweet Potatoes
- Mac & Cheese
- Black-Eyed Peas
- Smoked Turkey Greens
- Green Beans & Potatoes

Suggested
Contribution



60+

\$3.00



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining
Wednesdays: 8:00 AM - 10:00 AM
3514 W. National Avenue Milwaukee 53215

For Anyone 60+ (verified w/photo ID)
No Reservations
Check-in with Dining Staff
Complete Registration Form?
Choose One Breakfast Option
Other Menu Items for Full Price
Enjoy Meal!

BREAKFAST OPTIONS

Select One:



(Each Breakfast Option served with Fruit & Milk)

- Veggie Bowl (Scrambled Egg, Potatoes, Peppers, Onions, Spinach, Mushrooms, Cauliflower, Cheddar)
- Chilaquiles (Scrambled Eggs, Tortilla Chips, Salsa choice, Cotija Cheese, Onion, Cilantro, Avocado Crema)
- Pancakes & Eggs (Short stack of Pancakes (2) with Scrambled Eggs)
- Avocado Toast (Multigrain Toast, Avocado, Tomato, Red Onion, Chia Seeds, Scrambled Egg)

Suggested
Contribution



60+

\$3.00



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining

Mondays: 9:00 AM - 11:00 AM
2737 N. Dr Martin Luther King Drive Milwaukee 53212

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose One Breakfast Option

*Other Menu Items for **Full Price***

Enjoy Meal!

BREAKFAST OPTIONS

Select One:



Potato Hash with Peppers & Onions

Choose: **Bacon** or **Sausage** (Pork or Turkey)
Choose: **Toast Triangle** (French or Regular)

Breakfast Grits

Choose: **Bacon** or **Sausage** (Pork or Turkey)
Choose: **Toast Triangle** (French or Regular)

*(Each Breakfast Option served with Cheesy Scrambled Eggs, Fruit, Juice and Choice of **Coffee** or **Milk**)*





MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

Meals on Wheels

We are committed to helping older adults live healthier, more nourished lives, in their own homes.

The Meals on Wheels program supports and promotes independent living for homebound older adults through the delivery of a nutritious meal.

A suggested contribution is appreciated to offset the cost of the program.

Could you, or someone you know, benefit from having meals delivered? Call the Aging & Disability Resource Center to inquire: (414) 289-6874.

To be eligible you must be:

- 60 or older
- A Milwaukee County resident
- Homebound
- Unable physically or cognitively to prepare your own meals



Request a Referral: (414) 289-6874



MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527



JUNE



Monday	Tuesday	Wednesday	Thursday	Friday	
1 Sausage Pizza Casserole Capri Vegetables Baked Apples Grape Juice Pudding Fresh Fruit	2 Beef & Broccoli Garlic Rice Braised Cabbage Orange Juice Peach Cobbler Peaches	3 Chef's Salad <i>Turkey, Ham, Cheese, Egg Egg, Croutons, Ranch</i> French Bread Fruited Yogurt Tangerine	4 Turkey Salad on Fresh Baked Roll Chips Broccoli Florets Fruit Punch Banana	5 Breakfast Taco <i>Eggs, Sausage, Cheese Tomato, Onion, Tortilla</i> Breakfast Potatoes Cranberry Juice Fresh Fruit Cup	
8 Pork Chop Suey Rice Stir-Fried Vegetables Pineapple & Mandarin Baker's Choice Muffin	9 Stuffed Pepper Garlic Potatoes Italian Vegetables Cornbread Fresh Apple	10 Crab Pasta Salad Spring Salad Mix Raw Carrots Fresh Plum Oreos Fruit	11 Hot Dog/Bun Oven Fries Baked Beans Pea & Cheese Salad Rice Krispie Treat Fresh Fruit	12 Meatballs & Gravy Mashed Potatoes Succotash Apple Juice Baker's Choice Bar Fruit	
15 Chicken Parmesan Penne w/Sauce Sicilian Vegetables Orange Juice Brownie Fresh Fruit	16 Fish Filet Whole Grain Bun Au Gratin Potatoes Broccoli & Cauliflower Creamy Coleslaw Fresh Pear	17 Chicken Gyro Salad <i>Chicken, Tomato, Onion Lettuce, Tzatziki</i> Whole Grain Bread Fruited Jello Cantaloupe	18 Enchilada Casserole Spanish Rice Southwest Vegetables Apple Juice Baker's Choice Fresh Fruit	19 CLOSED 	
22 Roast Turkey Gravy Stuffing Green Bean Casserole Cranberry Sauce Fresh Orange	23 Meatloaf & Gravy Red Potatoes Creamed Spinach Fruit Compote Cookie Fresh Fruit	24 Asian Chicken Salad <i>Greens, Chicken, Almonds Mandarins, Crispy Noodles</i> Hawaiian Dinner Roll Juice Fresh Peach/Nectarine	25 Seafood Alfredo with Pasta Brussels Sprouts Grape Juice Tropical Fruit Cocktail Graham Crackers	26 Egg Salad Whole Grain Bread Chips Baby Carrots Mixed Berries Granola Bar	
29 Sloppy Joe Oven-Fried Potatoes Peas Fruited Jello Clementine/Cutie	30 Pork Riblet Mac & Cheese Country Vegetables Cranberry Juice Melon	Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS * Menu subject to change without notice			\$4.00 SUGGESTED CONTRIBUTION

MILWAUKEE COUNTY

MEALS ON WHEELS



(414) 358-6527



JUNIO



Lunes	Martes	Miércoles	Jueves	Viernes		
1 Cazuela de Pizza Verduras Capri Manzanas al horno Zumo de uva Pudín Fresh Fruit	2 Ternera y brócoli Arroz con ajo Col estofada Zumo de naranja Zapatero de melocotón Melocotones	3 Ensalada del chef <i>Pavo, jam ón, queso</i> <i>Huevo, Crotones, Rancho</i> Pan francés Yogur frutal Tangerina	4 Ensalada de pavo Panecillo Chips Brócoli Ponche de frutas Plátano	5 Taco de desayuno <i>Huevos, salchicha, queso</i> <i>Tomate, Cebolla, Tortilla</i> Patatas para el desayuno Zumo de arándano Copa de Fruta Fresca		
8 Chuletas de cerdo Arroz Verduras salteadas Piña yMandarín Muffin	9 Pimienta Rellena Patatas con ajo Verduras italianas Pan de maíz Manzana fresca	10 Ensalada de cangrejo Mexcla de ensaladas Zanahorias crudas Ciruela fresca Oreos Fruta	11 Perrito caliente Patatas al horno Alubias al horno Ensalada de guisantes Delicia de Rice Krispie Fruta fresca	12 Meatballs & Gravy Puré de patatas Succotash Zumo de manzana Postre Fruta		
15 Pollo a la pamesana Penne con salsa Verduras Sicilianas Zumo de naranja Brownie Fruta fresca	16 Filete de pescado Bollo de grano entero Patatas gratinadas Brócoli y coliflor Ensalada de col Pera fresca	17 Ensalada de Gyro <i>Pollo, Tomate, Cebolla</i> <i>Lechuga, Tzatziki</i> Pan integral Gelatina frutada Melón	18 Cazuela de enchilada Arroz Español Verduras del Suroeste Zumo de manzana Postre du jour Fruta fresca	19 CERRADO JUNETEENTH FREEDOM DAY		
22 Pavo asado Salsa Relleno Cazuela de judías verdes Salsa de arándanos Naranja fresca	23 Pastel de carne y salsa Patatas Rojas Espinacas cremosas Compota de frutas Cookie Fruta fresca	24 Ensalada asiática de pollo <i>Verduras, Pollo, Almendras</i> <i>Mandarinas, fideos crujientes</i> Panecillo Hawaiano Zumo Melocotón/Nectarina	25 Mariscos Alfredo con pasta Coles de Brueselas Zumo de uva Coctel de frutas tropicales Graham Crackers	26 Ensalada de huevo Pan integral Chips Zanahorias Baby Frutos rojos mixtos Barra de granola		
29 Sloppy Joe Patatas fritas al horno Guisantes Gelatina frutada Clementine/Cutie	30 Riblet de cerdo Macarrones con queso Verduras rurales Zumo de arándano Melón	Goodwill Greater Milwaukee & Chicago MEALS ON WHEELS Menú sujeto a cambios				\$4.00 Contribución Sugerida

MILWAUKEE COUNTY SENIOR DINING



American Heart Association.
Healthy for Good™

Life's Essential



HOW TO EAT BETTER

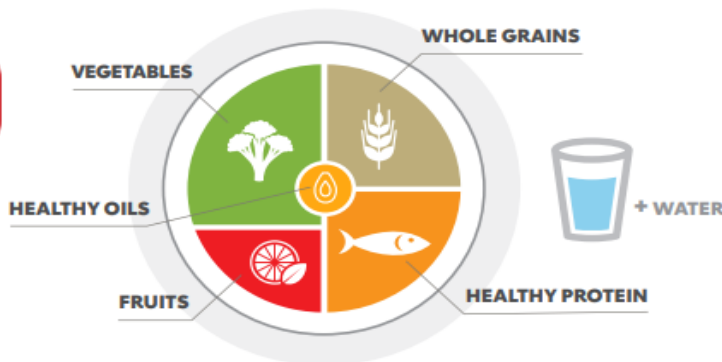


CREATE A HEALTHY EATING PATTERN

Eat well-balanced meals throughout the day to keep your heart and brain working at their best. Don't worry about "special foods" – a variety of healthy foods is best.



HEALTHY PLATE



ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins (like beans, lentils, nuts), lean animal proteins (like skinless poultry, fish, seafood, low-fat dairy). Drink plenty of water throughout the day, and unsweetened tea and coffee can also be enjoyed.

LIMIT

sweetened drinks and alcohol. Eat less salty food, fatty foods, and processed meats. Limit foods like butter, whole milk, full-fat yogurt, and cheese. Take the skin off poultry before cooking. Use plant-based oils, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil.

AVOID

trans fats. Trans fats are found in some store-bought baked goods and fried foods.



READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	

Understanding food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Foods with **less** sodium, bad fats (saturated and trans fats), and added sugars are better for you.

Learn more at heart.org/lifes8

© Copyright 2026 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. Citations available upon request. WF-1380104 2/26



TIPS FOR SUCCESS



WATCH PORTIONS

Make room for healthy portions of different food groups in your meals and snacks.



COOK AT HOME

Cooking at home can be more nutritious than eating out. Fresh, frozen or canned fruits and vegetables are all great options. If they are canned or frozen make sure they don't have added sugars or salt. Learn healthy prep methods at heart.org/eatsmart.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



IN NEED OF INSPIRATION?


The American Heart Association has hundreds of recipes at heart.org/recipes.





MILWAUKEE COUNTY SENIOR DINING

Thank you for dining with us!
Did you enjoy your meal?

Please take a moment to let us know

 **(414) 207-5873**

 **(414) 289-6995**

 SeniorDining@milwaukeecountywi.gov

MILWAUKEE COUNTY SENIOR
DINING





MILWAUKEE COUNTY SENIOR DINING

REGISTRATION FORM

NEW ANNUAL RENEWAL SITE _____ DATE _____

LAST NAME		FIRST NAME		MI	SUFFIX JR SR I II III
ADDRESS		CITY		ZIP CODE	
BIRTHDATE (MM/DD/YYYY)	AGE	PHONE		EMAIL	

MARITAL STATUS <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Partnered <input type="checkbox"/> Separated <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed <input type="checkbox"/> Other _____	GENDER <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Transgender Female <input type="checkbox"/> Transgender Male <input type="checkbox"/> Transgender Unspecified <input type="checkbox"/> Gender Fluid <input type="checkbox"/> Gender Nonconforming <input type="checkbox"/> Self-Describe	RACE <input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Other: _____	ETHNICITY <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Not Hispanic/Latino HOUSEHOLD <input type="checkbox"/> Lives Alone <input type="checkbox"/> Lives With Others MILITARY/VETERAN? <input type="checkbox"/> NO <input type="checkbox"/> YES
---	---	---	--

2026 INCOME LEVEL (Your response will not impact your eligibility. Age-based, NOT income-based)

For one-person household, income is below **\$1,330/month** (\$15,960 annually) NO YES

For two-person household, income is below **\$1,803/month** (\$21,640 annually) NO YES

NUTRITION SCREEN		YES	NO	How did you hear about us	Under 60?
Circle the Corresponding Number					
1	A condition or illness changes the kind/amount of food I eat	2	0	<input type="checkbox"/> Friend/Family	How are you eligible? → If under 60 Select One: <input type="checkbox"/> Active Dining Volunteer <input type="checkbox"/> Spouse of Active Diner <input type="checkbox"/> Disabled: Live w/Elder Relative
2	I eat fewer than 2 meals each day	3	0	<input type="checkbox"/> Facebook	
3	I eat few fruits, vegetables or milk products	2	0	<input type="checkbox"/> Health Provider	
4	I have 3+ drinks of beer, wine or liquor each day	2	0	<input type="checkbox"/> Newspaper	
5	Tooth or mouth problems make it hard to eat	2	0	<input type="checkbox"/> Internet	
6	I don't always have enough money to buy food	4	0	<input type="checkbox"/> Email	
7	I eat alone most of the time	1	0	<input type="checkbox"/> US Mail	
8	I take 3+ prescribed/over-the-counter medications	1	0	<input type="checkbox"/> Church	
9	Unintentionally, lost/gained 10 pounds in 6 months	2	0	<input type="checkbox"/> Senior Center	
10	Not always physically able to cook or feed myself	2	0	<input type="checkbox"/> Other _____	
NUTRITION RISK LEVEL: 0-2 LOW 3-5 MODERATE 6+ HIGH					OFFICE USE <input type="checkbox"/> Received _____ <input type="checkbox"/> Diner Card <input type="checkbox"/> Diner Handbook <input type="checkbox"/> Data Entry _____ <input type="checkbox"/> STAFF _____

EMERGENCY CONTACT _____ PHONE _____ RELATIONSHIP _____

Privacy Statement: "The information you are being asked to provide is needed to determine eligibility to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared without your permission. If you have questions regarding this, please ask the aging unit staff."

★ NOTE: Registration Form continues on the back. Please complete both sides →

EFFECTIVE: February 1, 2026

MILWAUKEE COUNTY SENIOR DINING

REGISTRATION *(continued)*

FOOD INSECURITY → 2 Questions:

Read these statements people have made about their food situation. For each statement, please indicate whether the statement was **OFTEN TRUE**, **SOMETIMES TRUE** or **NEVER TRUE** for you or your household in the last 12 months.

1 "I worried whether my food would run out before I got money to buy more."

- Often True
- Sometimes True
- Never True

2 "The food that I bought just didn't last, and I didn't have money to get more."

- Often True
- Sometimes True
- Never True

MALNUTRITION SCREENING TOOL (MST) → 2 Questions:

1 Have you recently lost weight without trying?

- NO YES →

If **YES**, how much weight have you lost?

<input type="checkbox"/> 2-13 pounds	Score	1
<input type="checkbox"/> 14-23 pounds	Score	2
<input type="checkbox"/> 24-33 pounds	Score	3
<input type="checkbox"/> 34 pounds or more	Score	4
<input type="checkbox"/> Unsure	Score	1

WEIGHT LOSS SCORE =

2 Have you been eating poorly because of a decreased appetite?

- NO YES

NO	Score	0
YES	Score	1

APPETITE SCORE =

WEIGHT LOSS SCORE + *APPETITE SCORE* → **TOTAL MST SCORE** =

OK to refer to Dietitian for Follow-Up?

FOR OFFICE USE:

FINAL DETERMINE SCORE:

Determine Nutrition Risk Level

- Low Risk (0-2)
- Moderate Risk (3-5)
- High Risk (6 or more)

MST MALNUTRITION Screen Score

- Not at Risk (= 0 to 1)
- At Risk (= 2 or more)

FOOD INSECURE?

Response of **Often True** or **Sometimes True** to either question = Food Insecure.

- NO YES



- Refer to Dietitian
- EBS to complete Foodshare Application
- Provide list of food pantries & community meals



Recorded the MST Score and Food Insecurity Response in Peer Place.