

How Do I Become A Volunteer

The CRIS Nutrition Department utilizes volunteers to deliver meals to homebound people in Vermilion County. Volunteers make this a successful and vibrant program.

Volunteer shifts are available during the morning and lunch hours on Tuesday and Friday. Training sessions are provided to all new volunteers.



CRIS encourages participation from civic and church groups, college organizations, student healthcare programs

and community organizations.

All CRIS volunteers must complete a volunteer application and background check. If you are interested in volunteer opportunities, contact the CRIS Nutrition Program at (217) 443-2999.

CRIS Healthy-Aging Center Main Office:
309 North Franklin Street, Danville, IL 61832

Phone:
(217) 443-2999



www.agemstrong.org

A Member of:



Program Funding Provided By:



Wellness Through Nutrition



**Meals on Wheels
Nutrition Service Program**



CRIS Healthy-Aging Center has been providing Nutrition Services for more than forty years and is a member of the Meals On Wheels Association of America™.

Our focus is on using innovative ideas to expand service and evolve to meet the largest possible number of seniors in our community.

Proper nutrition allows the individual to remain healthy, active and maintain their quality of life well into the advanced years.



Our Pledge to Participants

- One thing we never waver from is our total commitment to ensuring the quality and wholesomeness of the meals we serve.
- Meal participants can be confident that our experienced and dedicated team

Our Mindfulness to Menus

- Influenced by regional tastes preferences, season and culinary trends - Our menu is designed to meet our participants specific needs, taste preferences and continue to evolve as those needs change. Innovative and creative menus bring fresh ideas to your table.
- Using quality ingredients meals are plated, sealed and frozen at the peak of freshness using the latest innovations in safety and sanitation.
- Each meal contains an ingredient listing with cooking instructions for both micro-wave and conventional ovens.



Our Commitment to Health

- Meals are developed by Registered dietitians and contain 1/3 of the Recommended Dietary Allowances (RDA) for the most commonly requested nutrients in senior nutrition programs.
- One goal is to strive to continually lower fat and sodium while providing substantial vitamin and mineral contributions to each meal.



Research Confirms Our Commitment

- *Fruits and vegetables chosen for freezing tend to be processed at their peak ripeness, a time when, as a general rule, they are most nutrient-packed...flash-freeze locks the vegetables in a relative nutrient-rich state.*
 - Gene Lester, PhD, USDA Agricultural Research Center
- *Because freezing preserves food, no unwanted additives are needed in frozen goodies.*
- *Frozen produce is prep-free, reaching for it can save you a ton of time, allowing you to make healthy dishes at home.*
 - Cynthia Sass, RD, MPH

“One cannot *think* well, love well, *sleep* well, if one has not *dined* well.” ~ Virginia Woolf