



## PROGRAM INSTRUCTION

**SUA-20-PI-21**  
**Rescinds: SUA-19-PI-05**

**07/01/2019**

**TO:** Subrecipients of the State Unit on Aging

**FROM:** Cynthia Brammeier, Administrator, State Unit on Aging

**BY:** Erik White, Nutrition Coordinator, State Unit on Aging  
Doug Baugh, Program Manager, State Unit on Aging

**SUBJECT:** Guidance for Home Delivered Meal Operations

**CONTENT:** For locations that serve home delivered meals, the Older Americans Act Part C – Nutrition Service, Subpart 2- Home Delivered Nutrition Services, Section 336 (1) states: “on 5 or more days a week (except in a rural area where such frequency is not feasible (as defined by the Assistant Secretary by rule) and a lesser frequency is approved by the State agency) at least 1 home delivered meal per day, which may consist of hot, cold, frozen, dried, canned, or fresh foods and, as appropriate, supplemental foods, and any additional meals that the recipient of a grant or contract under this subpart elects to provide”.

The State Unit on Aging defines “rural” according to the United States Census Bureau’s classification on urban and rural populations. The Census Bureau identifies two types of urban areas: “urbanized areas” of 50,000 or more people and “urban clusters” of at least 2,500 and less than 50,000. “Rural” is considered encompassing all populations, housing, and territories not included within an urban area. It is expected that centers and sites in areas with a population that are considered “urban” will maintain a minimum frequency of five days of operation. If this is not feasible, the State Unit on Aging will consider exceptions individually.

The State Unit on Aging will maintain records of senior center and nutrition site’s days and times of operation, and when sites are opened or closed. AAA’s are required to inform the State Unit on Aging Nutrition Coordinator and Administrator, in writing, of any changes to Nutrition Services for both Congregate and Home-Delivered Meal programs along with a brief explanation.

If you have questions, please contact Erik at 402-471-4732 or Doug at 402-471-4797 or Attn: Erik or Doug at [DHHS.aging@nebraska.gov](mailto:DHHS.aging@nebraska.gov)