

# **Food assistance in El Dorado County**

Proper nutrition and human contact have so many positive effects for overall health. In El Dorado County programs are available to ensure these life sustaining necessities.

The Senior Nutrition Program offers nutritionally balanced, home style meals in seven community dining centers, as well as home delivered meals for a suggested donation of \$3 a meal.

For more information, call (530) 621.6160.