



“We are indeed much more than what we eat, but what we eat can nevertheless help us to be more than what we are.”

-Adelle Davis



Nutrition™

A Service of Utah Community Action

The Nutrition Program was founded on the belief that access to healthy nutritious food is a fundamental need for all. Utah Community Action provides healthy meals for children and seniors, with an emphasis on food security.



Locations:

Salt Lake & Tooele Counties



Learn more:

www.utahca.org/nutrition/

**For more information call (801) 359-2444
Monday-Friday 8 am to 5 pm.**

Services:

Central Kitchen: The Central Kitchen provides nutritious foods from scratch and delivers meals to children enrolled in our Head Start program. The Central Kitchen also serves children in after-school and child care programs, including Boys and Girls Clubs, University of Utah children's programs, and more.

Summer Dinners: All children 0-18 are eligible for free dinners at Utah Community Action locations throughout the summer months. Adults are also able to receive hot dinners for a small price.

Senior Meals: Through a partnership with Salt Lake County Aging & Adult Services, Utah Community Action provides food services in the Millcreek, Midvale and Draper Senior Center Cafes. Our food is healthy and made fresh daily. These meals are available to seniors ages 60+ for a suggested donation.

Draper Senior Center

1148 E. Pioneer Rd

Draper, UT 84020

M-F: 11:30 am - 1 pm

Midvale Senior Center

7550 S. Main St

Midvale, UT 84047

M-F: 11:30 am - 1:30 pm

Millcreek Senior Center

2266 E. Evergreen Ave

Millcreek, UT 84109

M-F: 11:30 am - 1:30 pm



Empowering individuals, strengthening families, and building communities through self-reliance and education programs.



Adult Education • Case Management & Housing • Head Start • HEAT • Nutrition • Weatherization

www.utahca.org

(801) 359-2444

Connect with us!



@utahcommunityaction