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Kalkaska Commission on Aging Awarded Grant Funding

Kalkaska Commission on Aging (KCOA) was one of five grant awardees funded through the Live Well Kalkaska Healthy Eating Grant Program. The KCOA received \$4,338.90 to provide healthier meals to seniors who utilize the congregate and Meals on Wheels programs. The funding was used to purchase a vegetable preparation machine, Robot Coupe, for use in preparing farm to table foods when in season and to prepare season fresh frozen foods in the winter months. Staff's time spent preparing meals and the salad bar will be reduced by using the vegetable processor to slice, dice, or cube fresh produce more efficiently. The staff will also be able to replace many "ready-made" products the KCOA currently uses.

The KCOA will contact local farmers and/or businesses to purchase or donate fresh vegetables in bulk for processing. Training has also been provided to use the Robot Coupe and staff are excited to put the machine to good use.

Please contact Lacey Morris, Health Educator at District Health Department #10, with questions regarding the grant program: lmorris@dhd10.org or (231) 876-3817. For more information about the Live Well Campaign visit www.livewell4health.org.

This project was made possible through the Michigan Health Endowment Fund. MHEF was established to improve the health of Michigan residents and reduce the cost of health care with special emphasis on the health and wellness of children and seniors. The Fund was created through the passage of Public Act 4 of 2013, which authorized certain changes to how Blue Cross Blue Shield of Michigan (BCBSM) operates in the state. For additional information about the Michigan Health Endowment Fund, visit mhealthfund.com or call 517-374-0031.

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Pictured: Kalkaska Commission on Aging staff utilizing their new vegetable preparation machine (Robot Coupe).