

Title III Service	Unit	MBA Service Definition	Registered	MNRAAA Priority
Home Delivered Meals	1 meal	A meal provided to a eligible individual in his/her place of residence or otherwise outside of a congregate setting. The meal is served in a program that is administered by SUAs and/or AAAs and meets all the requirements of the Older Americans Act and State/Local laws and complies with the most recent Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture). Additionally, the meal provides to each participating individual a minimum of one- third of the Dietary Reference Intakes, established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if one meal is served, two-thirds if two meals are served, and 100 percent if 3 meals are served; and meets all of the requirements as above. Meals provided to individual through means-tested programs may be included in the total meal count. These meals are to be identified by the funding source.	Yes	Yes

Congregate Meals	1 meal	A meal provided by a qualified nutrition project provider to an eligible individual in a congregate or group setting. Up to 25% of C-1 funds may be used for shelf-stable, pick-up, carry-out, drive-through, or similar meals (also referred to as “grab and go” meals). The meal is served in a program that is administered by SUAs and/or AAAs, meets all the requirements of the Older Americans Act and State/Local laws, and complies with the most recent Dietary Guidelines for Americans (published by the Secretaries of the Department of Health and Human Services and the United States Department of Agriculture). Additionally, the meal provides to each participating individual a minimum of one-third of the Dietary Reference Intakes, established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences, if one meal is served, two-thirds if two meals are served, and 100 percent if 3 meals are served; and meets all of the requirements as above. Meals provided to individual through means- tested programs may be included in the total meal count. These meals are to be identified by the funding source.	Yes	Yes
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Nutrition Counseling	Hours (partial hour may be reported to two decimal places, e.g., 0.25 hours.)	A standardized service as defined by the Academy of Nutrition & Dietetics (AND) that provides individualized guidance to individuals who are at nutritional risk because of their health or nutrition history, dietary intake, chronic illness, or medication use, or to caregivers. Counseling is provided one-on-one by a registered dietitian, and addresses the options and methods for improving nutrition status with a measurable goal.	Yes	No
Nutrition Education	1 session per participant (a session is typically 15 minutes to an hour)	A targeted program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information that is consistent with the current Dietary Guidelines for Americans and instruction to participants, caregivers, or participants and caregivers in a group or individual setting overseen by a dietitian or individual of comparable expertise.	No	No