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### Press Release

For Immediate Release  
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### *Aging Insights: Food and Nutrition*

**Trenton**— The April episode of *Aging Insights* is titled *Food and Nutrition Programs*, and focuses on programs that can help individuals and families access healthy and nutritious foods. On this program NJFA's Deputy Director, Melissa Chalker speaks with Adele LaTourette of the Anti-Hunger Coalition, Erin Long and Jessica Revolorio of the Interfaith Food Pantry in Morris. Melissa asks the guests about advocacy efforts, food programs and nutrition supports for seniors.

The New Jersey Foundation for Aging (NJFA) is a non-profit with the primary goal to empower elders to live in the community with independence and dignity. The strategies to *age well* are voluminous. Consequently, the Foundation uses several messaging platforms to highlight resources to *age well*. For example, *Aging Insights* is a 30-minute TV program that is produced monthly, and *Renaissance* magazine a quarterly publication can also be found online at [www.njfoundationforaging.org/renaissance-magazine](http://www.njfoundationforaging.org/renaissance-magazine). The work of the NJ Foundation for Aging is made possible by donors. Sponsorship spots are available for future shows. To make a donation to NJFA or to become a sponsor, please visit our website, [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call the office, 609-421-0206 for more information.

*Aging Insights* shows are broadcast on more than 68 public access stations and may also be seen on NJFA's website, [www.njfoundationforaging.org/aging-insights](http://www.njfoundationforaging.org/aging-insights) or on YouTube. We are interested in expanding the broadcast network to other municipal public access stations. Let us know if your town wants to broadcast the show.

To learn more about the work of the Foundation visit [www.njfoundationforaging.org](http://www.njfoundationforaging.org) or call 609-421-0206.



On the set left to right: Melissa Chalker, Adele LaTourette, Jessica Revolorio, and Erin Long.

The New Jersey Foundation for Aging was established in 1998, its mission is to promote policy and services that enable older adults to live in the community with independence and dignity.

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