



Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Enjoy flexible dining options for your active lifestyle...

Join the CHAMPSS Program!

Jayhawk Area Agency on Aging, Inc. (JAAA) advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson and Douglas counties to help seniors live independent and dignified lives.

CHAMPSS, a program of JAAA, offers older adults 60+ the opportunity to enjoy a nutritious meal seven days a week at Shawnee, Jefferson, and Douglas locations.

How it works

JAAA partners with local businesses to offer older adults a dining alternative to congregate meal sites, seven days a week. CHAMPSS meals are dietitian-certified and follow Kansas Department of Aging & Disability Services Nutritional Guidelines.

Who can join

- No income eligibility guidelines
- Adults 60+
- Spouse younger than 60 of an adult 60+
- Disabled person living with a 60+ adult.

*Adults cannot be enrolled in an OAA Title IIIC home-delivered meal program.

What funds the program

The suggested donation is \$3.50 per meal. No one is denied a meal if they are unable to donate. Meals are valued between \$6.00- \$7.00 which is covered by partial funding through member donations and partially funded through these sources: Older Americans Act, through the U.S. Health & Human Services Administration on Aging, Kansas Department for Aging and Disability Services, the State of Kansas and local units of government.

**For more information: Call 785-235-1367 or
visit us online: <http://www.jhawkaaa.org/services/nutrition/>**

Jayhawk Area Agency on Aging, Inc. (JAAA) is a 501 C (3) Non-Profit corporation. JAAA does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability. JAAA is funded under the Older Americans Act, through the U.S. Health & Human Services Administration on Aging, the Kansas Department for Aging and Disability Services, the State of Kansas and local units of government.



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Frequently Asked Questions

1. How do I join CHAMPSS?

Call JAAA at 785-235-1367 or stop by the JAAA office for a registration packet. This packet provides the steps needed to register including the forms that must be completed, signed, and returned to enroll. An orientation is also required. The orientation video is available on the JAAA website: <http://www.jhawkaaa.org/services/nutrition/>
Monthly In-person orientations start back up in the Fall of 2021 at the JAAA office and the Lawrence Public Library.

2. How do I get meals?

CHAMPSS members receive a card 7-10 business days after all completed registration forms are received. The CHAMPSS Meal Re-Order form is used to load meal credits to the card. Members are encouraged to make the suggested donation of \$3.50 per meal. No one is denied a meal if they are unable to donate. Meals may be added up to 12 meals at one time and expire 12 months from the date they are loaded on the card. Meals may be re-ordered over the phone, by mail, at the office, or online. We reserve the right to ask you to wait on ordering more if the number of meals on your card is too high. The balance of CHAMPSS meal credits can be checked by contacting JAAA or online at <http://www.jhawkaaa.org/services/nutrition/>.

3. What makes the CHAMPSS menu special?

Menus vary by location based on the dietitian-certified selections for each business. These menus must follow the Older Americans Act (OAA) and Kansas Dept. for Aging and Disability Services (KDADS) nutritional guidelines. Based on these guidelines, CHAMPSS meals must include choices of meat or protein, 1 serving of grain or starch (bread, rice, pasta or potatoes), 1 serving whole grain such as a whole grain roll, 1 cup of vegetables or salad, 2/3 cup of fruit, and 8 oz low-fat dairy, such as milk or yogurt. Dessert, soda, tea, or coffee are not part of the CHAMPSS menu.

4. How many CHAMPSS locations are there in the three counties?

There are 7 locations in Topeka, 3 locations in Lawrence, and 1 location in Valley Falls. We hope to expand the program to more locations, including restaurants who meet the full requirements of being a CHAMPSS location.

5. What if I am diabetic, lactose intolerant, on a diet, or need gluten free food?

The CHAMPSS program is designed to meet the needs of the average older adult and does not attempt to meet special dietary needs. You may be able to accommodate your needs by making careful choices on the CHAMPSS program, but we encourage you to think carefully about whether program can meet your needs before you add additional meals to your CHAMPSS card.

6. Who is allowed to order from the CHAMPSS menu?

Only CHAMPSS members with CHAMPSS cards may order. CHAMPSS members must ask for the CHAMPSS menu and present their card prior to ordering. These meals are deducted by inserting or typing the CHAMPSS card number into the card reader. Guests or family members must order from the business's regular menu.

7. What happens regarding tips at CHAMPSS restaurant locations?

Please remember that at restaurants involved with the CHAMPSS program, the tip is not included in the meal deducted from your card. We encourage you to tip staff at these locations.