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**Subject:** National Nutrition Month: More Than a Meal Study

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**March 31, 2015**

## **National Nutrition Month: More Than a Meal Study**

Meals on Wheels of America partnered with Brown University's Center for Gerontology and Healthcare Research to conduct the *More Than A Meal* research study. The primary objective was to assess the impact of home-delivered meals on the health and well-being of older adults. The study, which was funded by the AARP Foundation, involved more than 600 older adults over a period of 15 weeks. Participants received three different levels of service: daily traditional meal delivery, once-weekly frozen meal delivery and continuance on a waiting list for meals. Click [here](#) to learn more about the report and its key findings.

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