



City of Everett
Office of the Mayor
Carlo DeMaria, Jr.
484 Broadway
EVERETT, MASSACHUSETTS 02149

PRESS RELEASE

Monday, March 27, 2017

MAYOR DEMARIA UPGRADES HEALTHY MEALS PROGRAM FOR SENIORS *Daily lunch crowds at the Connolly Center have increased by 40 members*

Mayor Carlo DeMaria has recently hired a new chef to upgrade the City of Everett's Healthy Meals Program. Chef Tina Souza has a vast knowledge on nutrition and experience with organically grown foods after operating her own personal chef and catering services for many years.

The new menu has attracted various and larger amounts of people to the senior center. Previously there were about ten participants in the senior lunch hour, now the crowd has expanded to 40/50 seniors. It was a priority for the administration to hire an individual that utilized foods that are properly grown and processed to provide the healthiest meals for our seniors.

The program provides affordable, prepared, healthy meals for residents who otherwise could not prepare meals on their own. The program recommends that seniors pay two dollars for their lunch meals. Chef Sousa prepares meals everyday in the Connolly Center kitchen, using fresh and clean ingredients.

Mayor DeMaria stated, "I am pleased to hear about the continued growth of the Healthy Meals Program for our seniors. This program is extremely important to me as it offers seniors with options to improve their health. Tina Souza, our new chef, has brought in several different flavors, all of which are delicious and it shows in the number of seniors who are now coming to the Connolly Center. We are so fortunate to have a senior community that are both upbeat and active and we need to continue to make available to them all the best resources possible."

It was Mayor DeMaria's goal to offer Everett seniors with more quality options, unlike what they were previously eating. It has always been important to the Mayor to provide seniors with nutritionally balanced meals. This program has created a more healthy and vibrant environment at the Connolly Center and it is evident by the continuous praise of the meals from the seniors.

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