



Nutrition Assistance Programs Keeping Older Adults Healthy

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Good nutrition is the best medicine!



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Hunger Solutions New York

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- Statewide, anti-hunger, non-profit based in Albany
- Goal is to maximize participation in government nutrition assistance programs:

Child and Adult Care Food Program	National School Lunch Program
Congregate Meals	School Breakfast Program
Farmers' Market Nutrition Program	Summer Food Service Program
Home Delivered Meals	WIC
Supplemental Nutrition Assistance Program (SNAP)/Food Stamp Program	
- Achieve our goal:

Outreach	Program Development
Education	Program Implementation
Public Policy Analysis	Coalition Building
Advocacy	Research




www.HungerSolutionsNY.org

The Reality of Hunger in NYS

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- Nearly 1 in 6 New Yorkers live in poverty
- Nearly 1 in 8 New Yorkers age 65+ live in poverty
- Nearly 1 in 6 households suffer from food hardship in NYS

U.S. Census Bureau, 2011 American Community Survey
Food Research and Action Center, 2012





The Negative Effects of Hunger

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Both Immediate and Long-Term Effects...



- Physical, social, and emotional
- "Tea and toast" syndrome
- Hunger-Obesity Paradox
- Heat or eat?
- Lowers the effectiveness of medicine
- Health care costs of hunger

Nutrition Assistance Programs Can Help

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- Child and Adult Care Food Program (CACFP)
- Congregate Meals
- Senior Farmers' Market Nutrition Program (SFMNP)
- Home Delivered Meals
- SNAP/Food Stamp Program

Vulnerable Older Adults

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1 Million older New Yorkers are income eligible for SNAP benefits – but only about ½ get them.



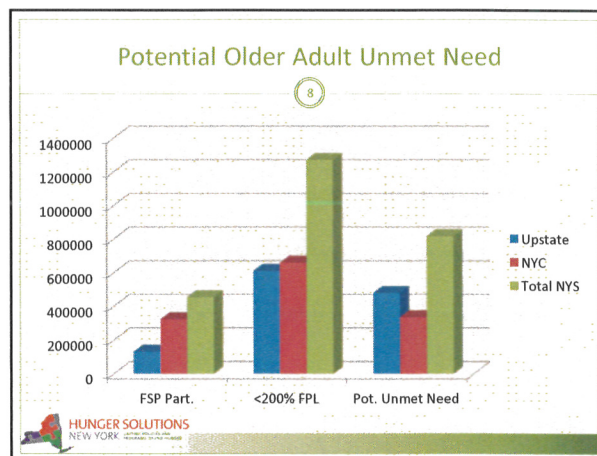



Low Participation in SNAP/FSP

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Despite positive benefits, too many eligible individuals and families miss out:


- Lack of awareness of eligibility
- Misperceptions of benefit value
- Stigma
- Lack of Transportation
- Language Barriers
- Complex paperwork
- Mistaken belief of “taking from others”


SNAP is Here for All Who are Eligible

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Just like with Social Security and Medicare, everyone who is eligible for benefits may get them.



SNAP benefits bring federal tax dollars back to New York – over \$5.4 billion last year.



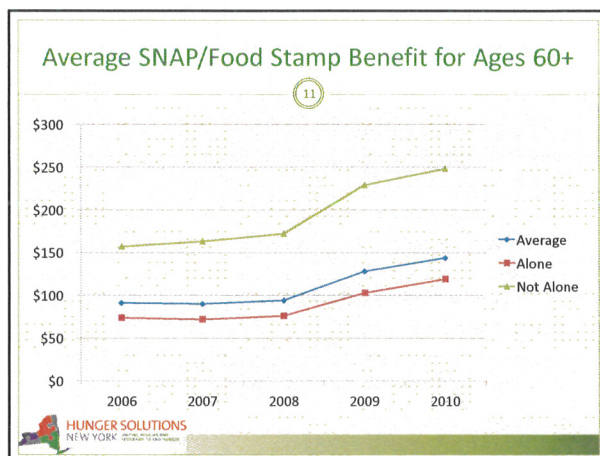


Supplemental Nutrition Assistance Program (SNAP)

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Special considerations for older adults (age 60+) :

- Savings/resources no longer counted for ~1 Million older New Yorkers
- Homebound adults may have friend/family shop for them
- **Most out-of-pocket medical costs may be considered**
(only ~25% of participants report any medical deductions)
- Simplified application process for many:
 - Telephone interview
 - No more finger imaging
 - Apply online (www.myBenefits.ny.gov)
- Monthly benefit amounts:
 - \$144 average (\$119/\$248)
 - \$16 minimum

When the Unexpected Happens


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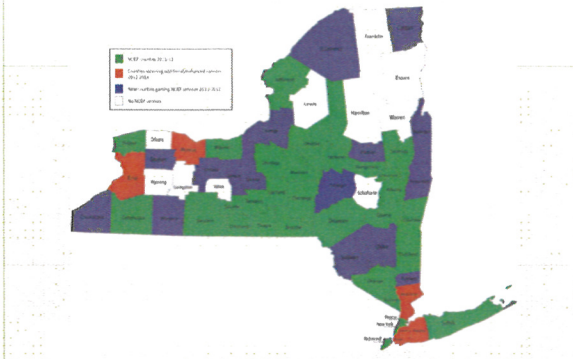

Nutrition Outreach and Education Program (NOEP)

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- Local SNAP/food stamp specialist, in many areas of NYS
- Conducts outreach and education on the benefits of SNAP
- Pre-screens households for potential eligibility
- Assists with application process
- Works with LDSS or HRA to ensure clients receive the maximum potential SNAP benefit
- Provides a spectrum of referral sources for other client needs






Find a NOEP in your community
www.FoodHelpNY.org 800-865-5542






Nutrition Assistance Programs

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- Child and Adult Care Food Program (CACFP)
- Congregate Meals
- Senior Farmers' Market Nutrition Program (SFMNP)
- Home Delivered Meals
- SNAP/ Food Stamp Program





Senior Farmers' Market Nutrition Program

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- ~450 farmers' markets across NYS
- Coupon booklet per household worth \$20, good for entire season
- To qualify:
 - 60+ years of age
 - AND
 - Monthly income less than 185% FPL
- Limited funding
- Contact your local office for the aging or call NYS Senior Citizen's Helpline at 1-800-342-9871

CACFP: Adult Day Care Settings

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- Meals and snacks for older adults (60+), at community-based, adult day care centers serving adults in a group setting
- Meals must meet nutritional guidelines
- If day care center operates program, meals are free to day care participants
- Entitlement program, non-residential adult day care centers may apply to be program sponsor at any time of year – only ~200 programs now participate
- For more info, contact NYS DOH at 1-800-942-3858 or visit: <http://www.health.state.ny.us/prevention/nutrition/cacfp/>



Congregate Meals

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- Complimentary meals served at 1,000+ community sites, up to 5x/week
- For any older adult (60+) plus their spouse of any age; income is not considered
- Meals meet nutritional standards
- Many meal sites also offer health and wellness programs, nutrition education, recreational programs, and transportation
- Limited funding; currently serves about 125,000 NYers each year
- To find a congregate meal site near you, contact the NYS Senior Citizen's Helpline at 1-800-342-9871



Home Delivered Meals

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- Meals 1 to 2x/day, 5x+/week for homebound seniors who have no one to prepare their meals; no income guidelines
- Targeted to nutritionally at-risk and disabled, living alone, low-income (100-150% FPL), and 75+ years of age
- Meals meet nutritional guidelines
- Limited funding; currently serves about 70,000 NYers
- Contact your local office for the aging or call NYS Senior Citizen's Helpline at 1-800-342-9871



SNAP/FSP & Meals on Wheels and Senior Centers

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SNAP beneficiaries may donate benefits toward home delivered meals and congregate meals.

Throughout New York State, limited number of programs accept SNAP donations.

- Meal Delivery Service: 30*
- Communal Dining: 31*

*As of August 2012

