



Federal Nutrition Programs and Emergency Food Referral Chart for Older Adults

USDA National Hunger Hot Line 1-866-3-HUNGER/866-348-6479 or 1-877-8-HAMBRE/877-842-6273 Eldercare Locator, 1-800-677-1116

U.S. Department of Agriculture—Food and Nutrition Service				
Age Served	Name of Program	How It Works	Who Can Apply	Learn More
All ages but special rules for adults age 60 and older	<p>Supplemental Nutrition Assistance Program (Also known as SNAP, formerly known as Food Stamps)</p> <p>Note: Program may be called something else in your state</p>	<p>Provides monthly benefits to purchase food at grocery stores, farmers’ markets, and food retail outlets across the country that accept SNAP</p> <p>Benefits loaded on an EBT card (much like a debit card)</p> <p>The average benefit for an older adult living alone is about \$105 per month. The minimum benefit is \$16 per month.</p>	<p>Low-income individuals—typically 130-200% of the federal poverty level (FPL)— who meet income and asset tests (which can vary from state-to-state)</p> <p>Special program rules for older adults (age 60 and older) and individuals with disabilities include:</p> <ul style="list-style-type: none"> • No gross income test • Deduction of out-of-pocket medical expenses in excess of \$35 per month • No cap on housing expenses <p>States can adopt policies to help adults age 60 and older apply such as a standard medical deduction, longer certification periods, or elderly simplified applications</p> <p>As an entitlement program, SNAP benefits are available to anyone who meets the eligibility criteria (even if they are employed)</p>	<p>Reaches about 5.5 million older adults each month, but could reach millions more</p> <p>National resources: Call the SNAP information line at 1-800-221-5689 on how to apply in your state or visit: https://www.fns.usda.gov/snap/state-directory</p>
Age 60 and older	Commodity Supplemental Food Program (CSFP)	Participants pick-up of a monthly food box with items like canned fruit and vegetables, cheese, shelf	Low-income (at or below 130% FPL) adults ages 60 and older	Reaches about 760,000 older adults each month

	Note: Program may be called something else in your state	stable milk, cereals, potatoes, grains, peanut butter, and dried beans Receive nutrition information	Participation is capped based on annual appropriations Limited to designated service areas in states that participate Administered by a state agency in conjunction with local food banks, nutrition programs, and community action organizations	For information on CSFP, visit: https://www.fns.usda.gov/csfp/commodity-supplemental-food-program & https://www.fns.usda.gov/contacts?f%5Bo%5D=program%3A26
All ages	Emergency Food (e.g., Food Banks, Food Pantries/Food Shelves, and Soup Kitchens)	Food distributed (e.g., grocery bags or boxes) typically once per month via food bank partners, including pantries, senior centers, and faith-based groups Types of foods offered varies Programs may be available for home-bound older adults	Targeted to low-income individuals, including older adults, but requirements vary depending on the site Some sites require referrals Note: Many food banks benefit from The Emergency Food Assistance Program (TEFAP), a means-tested federal program that provides food commodities at no cost to individuals and families in need of short-term hunger relief	Check out the Eldercare Locator for information on food banks and emergency food sites: https://eldercare.acl.gov/Public/Index.aspx To find your local food banks, visit Feeding America at: https://www.feedingamerica.org/find-your-local-foodbank
All ages	Food Distribution Program on Indian Reservations (FDPIR)	Participants receive a monthly package of USDA-purchased foods Households can select from more than 100 products, including frozen meats, canned fruits, vegetables, beans, soups, pastas, cereals, cheese, and egg mix Participants also receive nutrition education Households cannot participate in FDPIR and SNAP	Participation is capped based on annual appropriations and program is limited to certain areas in the country Limited to low-income households, including older adults, living on Indian reservations and to American Indian households residing in approved areas near reservations or in Oklahoma Indian Tribal Organizations (ITOs) or an agency of a State government are responsible for administering the program including storing and distributing the foods, determining applicant eligibility, and providing nutrition education to recipients	For more information, visit: https://www.fns.usda.gov/fdpir/food-distribution-program-indian-reservations-fdpir & https://www.fns.usda.gov/contacts?f%5Bo%5D=program%3A26

Age 60 and older (and children in child care centers and homes and emergency shelters)	Child and Adult Care Food Program (CACFP)	Two meals (breakfast, lunch or supper) and one snack, or two snacks and one meal, to each eligible participant, each day Meals are free, at a reduced-price, or paid depending on income of participant New and improved nutrition standards	Non-residential adult day care centers that serve adults age 60 and older and/or individuals who are functionally impaired Funding available to serve all eligible centers approved by the state Program also serves children in eligible settings	Contact your state CACFP agency for information: http://www.fns.usda.gov/cacfp/cacfp-contacts
Age 60 and older	Senior Farmers' Market Nutrition Program (SFMNP)	Annual vouchers (worth a total of \$20 -\$50) to use for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at participating farmers' markets, roadside stands, and community-supported agriculture programs	Low-income (at or below 185 percent of the FPL) older adults, but states have option to tie eligibility to seniors participating in other means-tested programs like SNAP or CSFP Participation is capped based on annual appropriations and not all states participate Vouchers distributed by a state agency or in conjunction with an entity contracted out to administer a means-tested program like CSFP	Reached nearly 812,000 older adults with a voucher in FY 2017 For more information on participating states, visit: https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program

U.S. Department of Health and Human Services--Administration for Community Living

Age Served	Name of Program	How It Works	Who Can Apply	Learn More
Age 60 and older	Congregate Nutrition Program Note: Program may be called something else in your state	Provides group meals at participating sites throughout the country (e.g., recreation centers, churches, older adult housing, and other community spaces) Meals (typically lunch) served Mondays thru Fridays. There is no charge	Funding for Older Americans Act programs is capped and not intended to reach every eligible individual Available to adults age 60 and older (plus spouse, household member with a disability, or caregiver accompanying older adult to site as well as site volunteers) While there is no income test to participate, the Older Americans Act directs that services be	Reached about 1.52 million older adults with more than 73 million congregate meals in 2018 Check out the Eldercare Locator to locate a participating site: https://eldercare.acl.gov/Public/Index.aspx Meals on Wheels provides a listing of sites at:

		<p>for meals but voluntary contributions are accepted</p> <p>Meals allow for opportunities for social engagement</p> <p>Meals must provide at least one-third of the Reference Daily Intake and the Dietary Guidelines for Americans</p>	<p>targeted to those with the greatest economic and social needs, “with particular attention to low-income older individuals, including low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas.”</p>	<p>http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels</p>
Age 60 and older	<p>Home-Delivered Meals</p> <p>Note: Program may be called something else in your state</p>	<p>Meals delivered to place of residence (number of meals per week vary)</p> <p>Meals must provide at least one-third of the Reference Daily Intake and the Dietary Guidelines for Americans</p> <p>There is no charge for meals but voluntary contributions are accepted</p>	<p>Older Americans Act funding is capped and not intended to reach every eligible individual</p> <p>To be eligible, a person must be:</p> <ul style="list-style-type: none"> • 60 years of age • Spouse or person with a disability who lives with a participating older adult <p>While there is no income test to participate, the Older Americans Act directs that services be targeted to those with the greatest economic and social needs, “with particular attention to low-income older individuals, including low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas.”</p> <p>States and localities determine other criteria for participation, e.g., some require participants to be frail, homebound, or isolated</p> <p>Note: Meals on Wheels programs throughout the country offer home-delivered meals and MAY have different criteria for participation; some are funded with Title III, OAA funding while others rely in whole or in part on non-governmental funding</p>	<p>Reached more than 870,000 individuals with nearly 147 million home-delivered meals in 2018</p> <p>Check out the Eldercare Locator for information on home delivered meals: https://eldercare.acl.gov/Public/Index.aspx</p> <p>Meals on Wheels provides a listing of OAA-funded sites as well as other home delivered meal services: http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels</p>

Adults of All Ages living with HIV	Ryan White Food and Nutrition Services (FNS) Category	Provides medically tailored food and nutrition services (FNS) (e.g., home-delivered meals, congregate meals, grocery bags, food pantries and vouchers) that complement and are necessary to the fulfillment of medical nutritional therapy (MTN)	<p>Health Resources and Services Administration (HRSA) funding for the program is capped.</p> <p>People living with HIV can apply for services by contacting agencies that provide FNS and MNT through the Ryan White Treatment and Modernization Act</p>	Contact: The Food is Medicine Coalition at fimc@glwd.org for information on participating organizations
Adults with Severe and/or Chronic Illness	Medicaid, Medicare, PACE and other Affordable Care Act (ACA) Innovations	In most cases, these benefits cover home-delivered meals for adults meeting a certain illness criteria, often through the intermediary of a managed care plan	<p>Health providers may be able to seek reimbursement for eligible patients.</p> <p>In certain instances, medically tailored food and nutrition services may be an insurance benefit or a reimbursable service for people with severe and/or chronic illness.</p> <p><i>Examples include, but are not limited to:</i></p> <p>Medicaid 1115 Waiver Demonstration Projects Medicaid 1915(c) Home and Community Based Services Waivers Medicare Part C (Medicare Advantage Plans) PACE Programs Dual Eligible Demonstration Projects (Medicaid/Medicare) Bundled Payment Models Delivery System Reform Incentive Payment Models (DSRIP)</p> <p>NOTE: Additional nutrition services may be available for these populations through private and state funding sources</p>	Contact: The Food is Medicine Coalition at fimc@glwd.org for information on participating organizations