

## Eat Well, Live Active!

### Food Assistance Can Help

Older Iowans are independent and want to stay that way – even in tough times. Good health is important to staying independent. Food Assistance can help you buy the groceries you need to stay healthy.

Everyone deserves a nutritious meal. Food Assistance can help you buy foods that taste good and are good for you! Stay well for yourself and for your family.

Call 2-1-1 and get connected to the Food Assistance office that serves your community. They can help you apply for an EBT card. The people who work in the Food Assistance Program really do care about your family's health. Food Assistance is not a hand out . . . it's a helping hand.

You can also apply online at [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov) or <https://secureapp.dhs.state.ia.us/oasis/>

#### You Get the facts!

**Myth:** It is embarrassing to use Food Assistance at the grocery store.

**Fact:** An Electronic Benefit Transfer (EBT) card, similar to a debit or bankcard, is used to purchase food. It is convenient and private.

**Myth:** Older adults only get \$16 if they do qualify.

**Fact:** The average older Iowan on Food Assistance receives \$113 per month in benefits.

**Myth:** You can't own your house or a car and get Food Assistance.

**Fact:** Most households do not have to meet an asset test. If you do have to meet an asset test, your home and the value of at least one vehicle will not count.

### You Might Qualify for Food Assistance

#### Food Assistance:

- Helps people with low income buy food for a better diet
- Is **not** welfare and there is enough for everyone who qualifies

You **do not** sign away your home or pay back assistance that you are eligible to receive.

How much Food Assistance you get depends on your household's income and deductions.

#### Income guidelines for October 1, 2011 through September 30, 2012

##### How Much Income Can You Have

\*Gross income means income before any deductions.

Household Size	Gross Monthly Income*
1	\$1,453
2	\$1,962
Additional People	The amount increases with each person.

If your income is higher than the above amount, you may still be eligible if you have high expenses for:

- Housing (rent, mortgage, taxes, insurance, utilities);
- Medical costs;
- Dependent care costs when needed for work, training or education;
- Child support you legally owe.

## Congregate Meals and Home Delivered Meals

- Promote good health
- Improve nutrition status
- Increase socialization
- Provide access to:
  - Nutrition screening
  - Nutrition education
  - Nutrition counseling
  - Health screening
  - Health promotion/wellness programs
  - Transportation
  - Physical activity programs
  - Volunteer opportunities
  - Senior Farmers' Market
  - Referral for Food Stamps/ Food Assistance

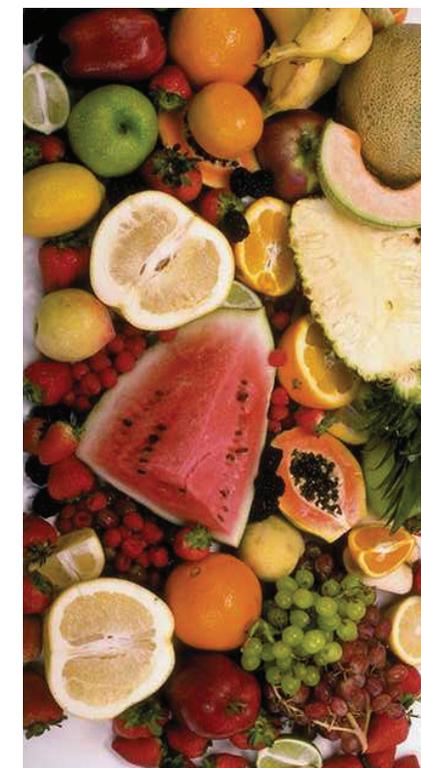
Call your local Area Agency on Aging for information

**Iowa Department on Aging**

(800) 532-3213

[www.lifelonglinks.org](http://www.lifelonglinks.org)

## Nutrition & Wellness Programs for Older Iowans



 **IowaAging.gov**

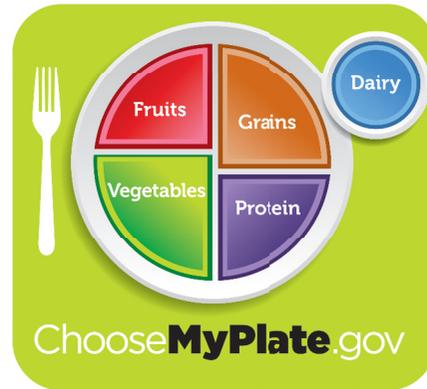
## Meals are available to:

- Individuals 60 years and older
- Spouse of any age
- Disabled persons who reside at home and accompany the older adults to meals
- Disabled persons under 60 years who reside in housing facilities primarily occupied by older adults where congregate meals are served
- Nutrition service volunteers

**Qualified individuals have the option of contributing to the cost of the meal**

## Let the plate be your guide for healthy food choices.

### Older adults should pay special attention to certain nutrient needs.



- Consume vitamin B 12 and vitamin D from fortified foods or a dietary supplement
- Consume foods rich in dietary fiber
- Drink plenty of liquids - less sugary drinks
- Increase intake of potassium-rich foods
- Reduce use of high sodium foods and salt
- Achieve a healthy weight
- Use safe food handling practices

Recommendations are based on a 2000 calorie pattern.

GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	DAIRY Get your calcium-rich foods	PROTEIN Go lean with protein
Eat at least 3 oz. of whole grains, cereals, breads, crackers, rice, or pasta every day  1 oz. is about 1 slice of bread or 1/2 cup of pasta	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens  Eat more orange vegetables like carrots and sweet potatoes  Eat more dry beans and peas like pinto beans, kidney beans, and lentils  Make half your plate fruits and vegetables	Eat a variety of fruit  Go easy on fruit juices  Choose fresh, frozen, canned, or dried fruit  Make half your plate fruits and vegetables	Go low-fat or fat-free when you choose milk, yogurt, or cheese  If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Choose low-fat or lean meats and poultry  Bake it, broil it, or grill it  Vary your protein routine – choose more fish, beans, peas, nuts and seeds

#### Balance calories to manage weight

Be physically active for at least **30 minutes** most days of the week. Enjoy your food, but eat less. Avoid oversized portions.

#### Know your limits on fats, sugars, and sodium

Limit solid fats like butter, stick margarine, fat on meat, shortening, partially hydrogenated oil, and lard, as well as foods that contain these. Compare sodium in foods and choose the foods with lower numbers.

### Determine Your Nutritional Health Warning signs of poor nutritional health are often overlooked.

Read the statements below – circle the number for those that apply.

- I have an illness or condition that made me change the kind and/or amount of food I eat. 2
- I eat fewer than 2 meals per day. 3
- I eat few fruits or vegetables or milk products. 2
- I have 3 or more drinks of beer, liquor or wine almost every day. 2
- I have tooth or mouth problems that make it hard for me to eat. 2
- I don't always have enough money to buy the food I need. 4
- I eat alone most of the time. 1
- I take 3 or more different prescribed or over the counter drugs a day. 1
- Without wanting to, I have lost or gained 10 pounds in the last 6 months. 2
- I am not always physically able to shop, cook and/or feed myself. 2

Total your score. If it's

- 0-2 Good!** Recheck score in 6 months.
- 3-5 You are at moderate nutritional risk.** Try to make lifestyle improvements and use My Plate to improve eating habits.
- 6 or more You are at high nutritional risk.** Discuss your nutritional health with a qualified health professional.

**Remember that warning signs suggest risk, but do not represent a diagnosis of any condition.**