

## Older Adult (age 60+) Nutrition Programs Referral Chart During COVID-19

### U.S. Department of Agriculture—Food and Nutrition Service

Age Served	Name of Program	How It Works	Who Can Apply	Learn More	COVID-19 Response
<p>All ages but special rules for adults age 60 and older</p>	<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"> <li>• No gross income test</li> <li>• Deduction of out-of-pocket medical expenses in excess of \$35 per month</li> <li>• No cap on housing expenses</li> </ul> <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>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: <a href="https://www.fns.usda.gov/snap/state-directory">https://www.fns.usda.gov/snap/state-directory</a></p>	<p><b>Emergency Allotments:</b> States are issuing temporary emergency supplements to SNAP households that normally receive less than the maximum benefit for their household size. These households will automatically receive the increase on their EBT cards and do not need to take action.</p> <p>Many states have adopted waivers to make it easier for people to apply for SNAP (e.g., extending certification period, adjusting interview requirements). USDA provides information on state-by-state waivers at: <a href="https://www.fns.usda.gov/disaster/pandemic/covid-19/snap-waivers-flexibilities">https://www.fns.usda.gov/disaster/pandemic/covid-19/snap-waivers-flexibilities</a>.</p> <p>Federal action is needed to increase SNAP benefits. <a href="https://frac.org/action">https://frac.org/action</a></p>

			As an entitlement program, SNAP benefits are available to anyone who meets the eligibility criteria (even if they are employed)		
Age 60 and older	Commodity Supplemental Food Program (CSFP)  Note: Program may be called something else in your state	Participants pick-up of a monthly food box with items like canned fruit and vegetables, cheese, shelf stable milk, cereals, potatoes, grains, peanut butter, and dried beans  Receive nutrition information	Low-income (at or below 130% FPL) adults ages 60 and older  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	Reaches about 760,000 older adults each month  For information on CSFP, visit: <a href="https://www.fns.usda.gov/csfp/commodity-supplemental-food-program">https://www.fns.usda.gov/csfp/commodity-supplemental-food-program</a> & <a href="https://www.fns.usda.gov/contacts?f%5B%5D=program%3A26">https://www.fns.usda.gov/contacts?f%5B%5D=program%3A26</a>	FNS has granted flexibility for CSFP program providers to better respond to the unique needs of the pandemic and help older adults practice social distancing. <a href="https://www.fns.usda.gov/disaster/pandemic">https://www.fns.usda.gov/disaster/pandemic</a>
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: <a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a>  To find your local food banks, visit Feeding America at: <a href="https://www.feedingamerica.org/find-your-local-foodbank">https://www.feedingamerica.org/find-your-local-foodbank</a>	In response to COVID-19, Congress allocated more funding for emergency food programs.  FNS can “allow state flexibility to set TEFAP income eligibility, certification duration, method of certification, and residency requirements.” <a href="https://www.fns.usda.gov/disaster/pandemic">https://www.fns.usda.gov/disaster/pandemic</a>

All ages	Food Distribution Program on Indian Reservations (FDPIR)	<p>Participants receive a monthly package of USDA-purchased foods</p> <p>Households can select from more than 100 products, including frozen meats, canned fruits, vegetables, beans, soups, pastas, cereals, cheese, and egg mix</p> <p>Participants also receive nutrition education</p> <p>Households cannot participate in FDPIR and SNAP</p>	<p>Participation is capped based on annual appropriations and program is limited to certain areas in the country</p> <p>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</p> <p>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</p>	<p>For more information, visit: <a href="https://www.fns.usda.gov/fdpi/food-distribution-program-indian-reservations-fdpi">https://www.fns.usda.gov/fdpi/food-distribution-program-indian-reservations-fdpi</a> &amp; <a href="https://www.fns.usda.gov/contacts?f%5B0%5D=program%3A26">https://www.fns.usda.gov/contacts?f%5B0%5D=program%3A26</a></p>	<p>Congress allocated additional funding for FDPIR in response to COVID-19.</p> <p>USDA gives states flexibilities so participants can receive home delivery or have a trusted person pick up their FDPIR food package. <a href="https://www.fns.usda.gov/disaster/pandemic">https://www.fns.usda.gov/disaster/pandemic</a></p>
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**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	COVID-19 Response
Age 60 and older	<p>Congregate Nutrition Program</p> <p>Note: Program may be called something else in your state</p>	<p>Provides group meals at participating sites throughout the country (e.g., recreation centers, churches, older adult housing, and other community spaces)</p> <p>Meals (typically lunch) served</p>	<p>Funding for Older Americans Act programs is capped and not intended to reach every eligible individual</p> <p>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)</p>	<p>Reached about 1.52 million older adults with more than 73 million congregate meals in 2018</p> <p>Check out the Eldercare Locator to locate a participating site: <a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a></p> <p>Meals on Wheels provides a listing of sites at:</p>	<p>Congress allocated additional funding for Older Americans Act nutrition programs in response to COVID-19.</p> <p>Programs can adopt flexibilities to enhance food distribution and social distancing during the pandemic. <a href="https://acl.gov/COVID-19">https://acl.gov/COVID-19</a></p>

		<p>Mondays thru Fridays. There is no charge 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>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><a href="http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels">http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels</a></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"> <li>• 60 years of age</li> <li>• Spouse or person with a disability who lives with a participating older adult</li> </ul> <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</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: <a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a></p> <p>Meals on Wheels provides a listing of OAA-funded sites as well as other home delivered meal services: <a href="http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels">http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels</a></p>	<p>In response to COVID-19, Congress allocated additional funding for home-delivered meals.</p> <p>States have flexibility in how they administer the program that can help with protecting health during COVID-19. <a href="https://acl.gov/COVID-19">https://acl.gov/COVID-19</a></p>

			<p>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>		
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*For more information on efforts and opportunities to ensure people have access to nutrition programs during the COVID-19 pandemic, visit [FRAC's COVID-19 Updates webpage](#).*