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

<table>
<thead>
<tr>
<th>Age Served</th>
<th>Name of Program</th>
<th>How It Works</th>
<th>Who Can Apply</th>
<th>Learn More</th>
<th>COVID-19 Response</th>
</tr>
</thead>
</table>
| All ages but special rules for adults age 60 and older | Supplemental Nutrition Assistance Program (Also known as SNAP, formerly known as Food Stamps) | Provides monthly benefits to purchase food at grocery stores, farmers' markets, and food retail outlets across the country that accept SNAP. Benefits loaded on an EBT card (much like a debit card). The average benefit for an older adult living alone is about $105 per month. The minimum benefit is $16 per month. | 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). Special program rules for older adults (age 60 and older) and individuals with disabilities include:  
  - No gross income test  
  - Deduction of out-of-pocket medical expenses in excess of $35 per month  
  - No cap on housing expenses | Reaches about 5.5 million older adults each month, but could reach millions more. 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](https://www.fns.usda.gov/snap/state-directory) | Emergency Alotments: 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. 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: [https://www.fns.usda.gov/disaster/pandemic/covid-19/snap-waivers-flexibilities](https://www.fns.usda.gov/disaster/pandemic/covid-19/snap-waivers-flexibilities). |
<table>
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<th>Age 60 and older</th>
<th>Commodity Supplemental Food Program (CSFP)</th>
<th>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</th>
<th>Low-income (at or below 130% FPL) adults ages 60 and older</th>
<th>Reaches about 760,000 older adults each month</th>
<th>Federal action is needed to increase SNAP benefits. <a href="https://frac.org/action">https://frac.org/action</a></th>
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<td>Age 60 and older</td>
<td>Commodity Supplemental Food Program (CSFP)</td>
<td>Receive nutrition information</td>
<td>Participation is capped based on annual appropriations</td>
<td>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> &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></td>
<td>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></td>
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<td>All ages</td>
<td>Emergency Food (e.g., Food Banks, Food Pantries/Food Shelves, and)</td>
<td>Food distributed (e.g., grocery bags or boxes) typically once per month via food bank partners, including pantries,</td>
<td>Targeted to low-income individuals, including older adults, but requirements vary depending on the site</td>
<td>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></td>
<td>In response to COVID-19, Congress allocated more funding for emergency food programs. FNS can “allow state flexibility to set TEFAP income eligibility,</td>
</tr>
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</table>
| 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/fdpir/food-distribution-program-indian-reservations-fdpir) & [https://www.fns.usda.gov/contacts?%5B0%5D=program%3A26](https://www.fns.usda.gov/contacts?%5B0%5D=program%3A26)

Local Resources:

Local Resources: | Congress allocated additional funding for FDPIR in response to COVID-19.
USDA gives states flexibilities so participants can receive home delivery or have a trusted person pick up their FDPIR food package.
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<td>Age 60 and older</td>
<td>Congregate Nutrition Program</td>
<td>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. Meals are free but voluntary contributions are accepted Meals allow for opportunities for social engagement Meals must provide at least one-third of the recommended dietary allowances</td>
<td>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 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.”</td>
<td>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: <a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a> Meals on Wheels provides a listing of sites at: <a href="http://www.mealsonwheelsamerica.org/signup/aboutmeals">http://www.mealsonwheelsamerica.org/signup/aboutmeals</a></td>
<td>Congress allocated additional funding for Older Americans Act nutrition programs in response to COVID-19. 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></td>
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<tr>
<td>Age 60 and older</td>
<td>Home-Delivered Meals</td>
<td>Meals delivered to place of residence (number of meals per week vary)</td>
<td>Older Americans Act funding is capped and not intended to reach every eligible individual To be eligible, a person must be:</td>
<td>Reached more than 870,000 individuals with nearly 147 million home-delivered meals in 2018</td>
<td>In response to COVID-19, Congress allocated additional funding for home-delivered meals. States have flexibility in how they administer the program that can help</td>
</tr>
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| be called something else in your state | Meals must provide at least one-third of the recommended dietary allowances  
Meals are free but voluntary contributions are accepted | • 60 years of age  
• Frail, homebound or isolated  
• Spouse or person with a disability who lives with a participating older adult  
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.”  
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 | Check out the Eldercare Locator for information on home delivered meals: [https://eldercare.acl.gov/Public/Index.aspx](https://eldercare.acl.gov/Public/Index.aspx)  
Meals on Wheels provides a listing of OAA-funded sites as well as other home delivered meal services: [http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels](http://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels)  
Local resources:  
  
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](https://acl.gov/COVID-19).