

Social Security Column

STAY HEALTHY AND INDEPENDENT WITH THE SENIOR NUTRITION PROGRAM

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Are you eligible for Social Security retirement benefits or already receiving them? Did you know that you can also receive healthy meals and other nutrition services through the National Senior Nutrition Program? Local meal programs in communities across the country are waiting to serve you.

As we age, we have different needs, different ways we take care of our health, and different nutrients we need to get from our food. But we don't always have enough healthy food or the desire to prepare or eat a meal. Whether you need more food, healthier food, someone to share a meal with, or just want to learn about good eating habits, a meal program can help.

Every day, senior nutrition programs serve almost one million meals to people age 60 and older. With home-delivered and group meal options, you can get the food you need in a way that works best for you. Senior nutrition programs can:

- Help you avoid missed meals – and save time and money with less shopping and cooking.
- Offer opportunities to connect and socialize, which can help improve your mental and physical health.
- Teach you how to create a healthy eating plan. You can learn about healthy food recommendations based on your age, unique needs, and preferences.
- Connect you with other resources like transportation or homemaker services. This helps you stay connected and engaged in your community.

It's no surprise that 9 out of 10 participants would recommend a senior nutrition program to a friend. Find a senior nutrition program in your area and help us spread the word by sharing it with your loved ones, neighbors, and community. Visit eldercare.acl.gov/Public/Index.aspx for more information.

The Senior Nutrition Program is administered by the Administration for Community Living, part of the U.S. Department of Health and Human Services.

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