You may qualify for food assistance

- Food assistance helps people with low income buy food for a better diet.
- It 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 qualify for depends on your household’s income and deductions:

Income Guidelines

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross Monthly Income*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,570</td>
</tr>
<tr>
<td>2</td>
<td>$2,125</td>
</tr>
<tr>
<td>3 or more</td>
<td>Amount increases with each additional person.</td>
</tr>
</tbody>
</table>

*Income before deductions.

If your income is higher than the amounts listed above, you may still be eligible if you have high expenses for housing (rent, mortgage, taxes, insurance, utilities); medical costs; dependent care costs necessary for work, training or education; or child support you legally owe.

Determine Your Nutritional Health

Warning signs of poor nutritional health are often overlooked. Read the statements below and 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 two meals per day. 3
- I eat few fruits or vegetables or dairy products. 2
- I have three or more drinks of beer, wine or liquor 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 three or more prescription or over-the-counter medications a day. 1
- Without wanting to, I have lost or gained 10 pounds or more in the past six months. 2
- I am not always physically able to shop, cook and/or feed myself. 2

Total your score. If it is:

0-2  Good! Recheck score in six months.

3-5  You are at moderate nutritional risk. Try to make lifestyle improvements and use My Plate to improve eating habits.

6+  You are at high nutritional risk. Discuss your nutritional health with a qualified health care professional.

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

To learn about meal programs available in your area, contact LifeLong Links:

Lifelong Links

866.468.7887 | www.lifelonglinks.org

Nutrition Programs for Older Iowans
Studies have found that congregate meals and home-delivered meals promote good health, improve nutritional status and increase socialization among meal participants. These meals also provide access to:

- Nutrition screening;
- Nutrition education;
- Nutrition counseling;
- Health screening;
- Health promotion;
- Transportation;
- Physical activity programs;
- Volunteer opportunities;
- Senior Farmers’ Market; and
- Referrals for Food Assistance.

Congregate meals and home-delivered meals are available to:

- Individuals 60 years of age and older;
- Spouse of any age; and
- Nutrition services volunteers.

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 your loved ones.

Contact LifeLong Links at (866) 468-7887 or www.lifelonglinks.org to get connected to the Food Assistance office that serves your county.

Older adults should pay special attention to certain nutrition needs:

- Consume foods fortified with vitamins B-12 and D, or take dietary supplements
- Consume foods rich in dietary fiber
- Drink plenty of liquids, but fewer 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 2,000-calorie pattern.

Greater Iowa: It is embarrassing to use Food Assistance at the grocery store.

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

Greater Iowa: Older adults only get $16 if they qualify.

Fact: The average older Iowan on Food Assistance receives $85 per month in benefits.

Greater Iowa: You can’t own a house or car and qualify for 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.

DID YOU KNOW?

Individuals who qualify for congregate meals and home-delivered meals have the option to contribute to the cost of the meal. Nutrition programs are not a handout – they’re a helping hand!