

## 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 (effective Oct. 1, 2015)

Household Size	Gross Monthly Income*
1	\$1,570
2	\$2,125
3 or more	Amount increases with each additional person.

\*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:



## NUTRITION PROGRAMS for Older Iowans



Jessie Parker Building  
510 E 12th Street, Ste. 2  
Des Moines, IA 50319  
515.725.3333 | 800.532.3213  
[www.iowaaging.gov](http://www.iowaaging.gov)



## CONGREGATE MEALS & HOME-DELIVERED MEALS

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:

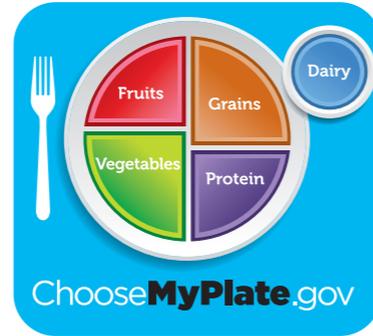
- Nutrition screening;
- Nutrition education;
- Nutrition counseling;
- Health screening;
- Health promotion;
- Transportation;
- Physical activity programs;
- Volunteer opportunities;
- Senior Farmers' Market; and
- Referrals for Food Assistance.

Congregate meals and home-delivered meals are available to:

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



## LET THE PLATE BE YOUR GUIDE FOR HEALTHY FOOD CHOICES.



### 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.

GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
<p>Eat at least 3 oz. of whole grains, cereals, breads, crackers, rice or pasta every day</p> <p>1 oz. is about 1 slice of bread or ½ cup of pasta</p>	<p>Eat more dark green vegetables, like broccoli and spinach</p> <p>Eat more orange vegetables, like carrots and sweet potatoes</p> <p>Eat more legumes, like dried beans, peas and lentils</p> <p>Fill half your plate with fruits and vegetables</p>	<p>Eat a variety of fruits</p> <p>Go easy on fruit juices</p> <p>Choose fresh, frozen, canned or dried fruit</p> <p>Fill half your plate with fruits and vegetables</p>	<p>Go low-fat or non-fat when you choose milk, yogurt or cheese</p> <p>If you don't or can't consume milk, choose lactose-free products or other sources of calcium, such as fortified foods and beverages</p>	<p>Choose low-fat or lean cuts of meat and poultry</p> <p>Bake, broil or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts and seeds</p>
<p><b>Balance calories to manage weight</b> Be physically active for at least 30 minutes most days of the week. Enjoy your food, but eat less. Avoid oversized portions.</p>		<p><b>Know your limits on fat, sugar and sodium</b> Limit solid fats like butter, stick margarine, fat on meat, shortening, partially hydrogenated oil and lard, as well as foods that contain these ingredients. Compare sodium in foods and choose low-sodium options.</p>		

### 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!

## EAT WELL, BE 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 your loved ones.

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

### 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 card, is used to purchase food. It is convenient and private.

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

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

**MYTH:** 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.