

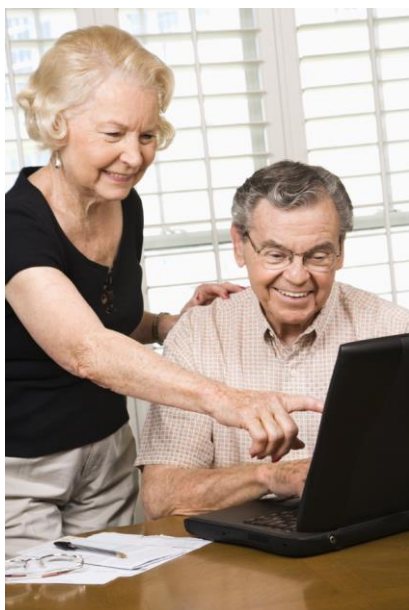


# Nutrition Resources for Older Adults

## Did You Know?

The Older Americans Act (OAA) was put in place in 1965, and aims to promote the dignity and welfare of older Americans.

Funds are awarded through the Administration on Aging (AoA) to reach millions of Americans through various home and community-based programs like the ones you see here.



## Help is available – you just have to ask for it!

Taking advantage of available resources can be an important part of achieving adequate nutrition. Below is a list of programs and resources that are available in most counties in Colorado, most at little or no cost to seniors.

### Types of Programs Available

- **Supplemental Nutrition Assistance Program** – provides monthly benefits to low-income seniors for buying nutritious food. See their website to apply or find out if you are eligible.
- **Meals on Wheels** – volunteers deliver a hot meal right to your door, most days of the week. Contact your local office to set up this service. Meals on Wheels Association of America: <http://www.mowaa.org/findameal>
- **Senior Centers and Congregate Meal Sites** – these centers provide a hot meal in a social atmosphere, and often have a variety of other activities to participate in, too. Transportation to and from the center may be available in some locations.
- **Offices on Aging** – these offices specialize in advocating for older adults and their families. This may be especially helpful if you need multiple services such as healthcare, transportation, legal services, support for your family, or any of the nutrition services listed above. Search by your zip code to find nearby programs and services: <http://www.eldercare.gov/eldercare.NET/Public/index.aspx>