



SENIOR CENTERS

Nutrition for Older Adults

Did you know you may be eligible for food assistance programs to help supplement your daily diet? See the programs below to that help older adults get access to healthy food.



Supplemental Nutrition Assistance Program (SNAP)

Formerly known as “food stamps,” SNAP provides a monthly benefit to help low-income Ohioans supplement their food budget. SNAP recipients are able buy food at approved grocery stores and farmers’ markets. The average national monthly SNAP benefit for an older adult living alone is \$108. **To apply: visit www.benefits.ohio.gov or call 1-844-640-OHIO (6446)**



Produce Perks

Helps Ohio SNAP recipients buy fresh, local foods from participating farmers’ markets, grocery stores, and Community Supported Agriculture (CSA) programs. Produce Perks doubles the purchasing power, providing a \$1 to \$1 match when you buy fresh fruits and vegetables, up to \$20 each day. **Visit www.produceperks.org or call (513)769-7375 for more information.**



The Commodity Supplemental Food Program

Provides a monthly food package tailored for adults age 60 or older. To find the regional foodbank that serves your area **visit www.ohiofoodbanks.org**

Area Agency on Aging

Other Food Resources include:

Local food pantries, soup kitchens, food shelves, food banks, and churches can help provide food to low-income Ohioans.

Ohio's Area Agencies on Aging (AAA) respond to the needs of older adults as advocates that provide education, information, and referral services. To locate your regional office for support **call 1-866-243-5678 or visit www.aging.ohio.gov/find-services**. The following are services provided by the AAAs:

Home-Delivered Meal Program – also known as “meals on wheels,” this program delivers healthy meals to the door of older adults who have limited mobility, are homebound or lack transportation.

Congregate Meal Program – provides free or low-cost healthy meals in group settings at local community spaces. Most programs offer activities during meals to encourage socialization.

Senior Farmers’ Market Nutrition Program – provides benefits for low-income older adults to buy fresh vegetables, fruits, herbs, and honey at participating farmers' markets and roadside stands.

OPENING OF SENIOR CENTERS

Nutrition for Older Adults



Fruits and Vegetables are Important as You Age.

Fruits and vegetables have key nutrients that are important to keep you healthy. As you age, your body may be unable to absorb nutrients as well as it once did. This can also be affected by chronic health conditions and any medicine that you take. It is normal for your

appetite to decrease when you age. However, if you are not eating enough, or not eating the right types of food, you may be at risk for malnutrition (missing key nutrients). It is important to eat a variety of fruits and vegetables each day.

Vitamin B6

Vitamin B6 helps convert food into fuel that gives your body energy. This vitamin supports your immune system and protects your overall health.

FRUIT AND VEGETABLE SOURCES OF B VITAMINS:

Potatoes, winter squash, onions, spinach, and watermelon

Potassium

Potassium plays an important role in every cell, tissue, and organ in your body. It helps to regulate your heartbeat, muscle function, blood pressure, and supports bone health.

FRUIT AND VEGETABLE SOURCES OF POTASSIUM:

Cantaloupe, honeydew, broccoli, spinach, potatoes, cucumbers, mushrooms

Vitamin A

Vitamin A can help keep your eyes and skin healthy as well as fight off infections by supporting your immune system.

FRUIT AND VEGETABLE SOURCES OF VITAMIN A:

Carrots, broccoli, cantaloupe, squash, and dark leafy greens

Calcium

Calcium is important to help maintain your strength and keep your bones healthy. Calcium also supports your muscle function and can help to regulate hormones.

FRUIT AND VEGETABLE SOURCES OF CALCIUM:

Dark leafy greens such as collard, spinach, kale, as well as rhubarb, broccoli, and bok choy

Bonus – Vitamin D: Calcium and Vitamin D often go together because they help each other with absorption. Sunshine is a good source of Vitamin D and a great way to get some sun is heading out to the farmers' market!

Fiber

Fiber supports healthy digestion and when paired with plenty of fluid, can help prevent constipation. Fiber also helps lower your risk for heart disease.

FRUIT AND VEGETABLE SOURCES OF FIBER:

Apples, strawberries, potatoes, pears, carrots, beets, broccoli, and raspberries

Benefits of a healthy diet.

- Helps reduce your risk of chronic conditions such as heart disease
- Helps manage chronic conditions, including diabetes
- Helps you lose weight or maintain a healthy body weight when combined with physical exercise
- May protect against certain cancers
- Provide increased energy

<https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health>
<https://www.choosemyplate.gov/eathealthy/fruits/fruits-nutrients-health>
<https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/#h3>
<https://www.nia.nih.gov/health/getting-enough-fluids>

Drink Up!

Seniors are also at greater risk for dehydration because of how body composition changes with age. Build hydration into different parts of your day. Water is the healthiest choice, but many foods are also very hydrating, so try adding foods with high water content into your diet, such as melons, lettuce or celery.

The recommended daily water intake is at least one cup of water for every 20 pounds of weight.

