



Nutrition and Aging Resource Center

Food Insecurity Social Media Toolkit:

Please feel free to use any or all of the following sample posts for your social media presence. As always, tag us in your nutrition posts @Aging.Nutrition so we can share your amazing work as well!

Post 1:

There are several federal programs that help older adults get nutritious foods and are proven to reduce hunger and improve health. Learn more about these programs by following along this week or by reading the following: <https://acl.gov/sites/default/files/nutrition/FindingFoodForOATipSheet.pdf>

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#AgingNutrition #Food #Nutrition #Health



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Post 2:

The Older Americans Act's (OAA) purpose is to reduce hunger, food insecurity, and malnutrition in older adults. The OAA also promotes socialization, health and well-being. The Senior Nutrition Program is just one of several OAA programs designed to help older adults.

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#AgingNutrition #Food #Nutrition #Health #SeniorNutritionProgram



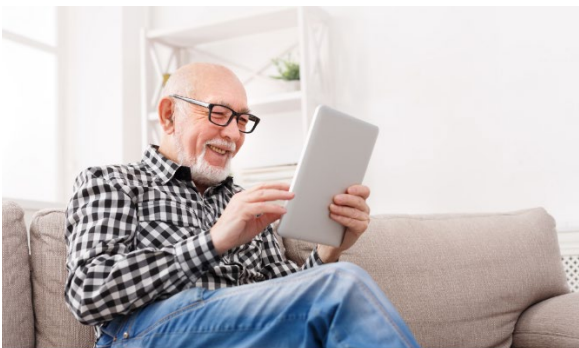
The Senior Nutrition Program provides many services that can help you, especially if you have limited food available. There are no income requirements, and if you are eligible, you can go to one of the local congregate meal sites to eat a nutritious meal.

Post 3:

Nutrition education is provided to participants through the Older Americans Act and includes information on how to eat healthy as we age. Learn more at: <https://acl.gov/senior-nutrition>

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Nutrition Education





Post 4:

SNAP provides nutrition benefits to supplement the food budget of families and individuals to purchase healthy foods. Three out of five older adults who qualify for USDA's SNAP are not applying. Check out the SNAP myth busters at: <https://acl.gov/sites/default/files/nutrition/FindingFoodForOATipSheet.pdf>

Find additional information on applying for SNAP at: <https://benefitscheckup.org/find-my-benefits/sign-up-for-SNAP-SMS-updates>

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Myth Receiving SNAP benefits takes benefits away from others who need them more.	Myth It's not worth applying because the amount of assistance is low.	Myth It is difficult to apply for SNAP.
Fact SNAP is for all who are eligible – it does not take anything away from others who need assistance. Eligibility is based on income requirements. 	Fact The average amount of SNAP benefits given is \$104.00 a month. Older adults can use medical deductions to help increase monthly benefits. Medical deductions include prescription medications; medical supplies, including eyeglasses, contact lenses, and urinary control supplies; alternative medical services; transportation costs to doctors' offices; and insurance costs.	Fact Actually, states have many ways to apply for SNAP. You can apply in person, by phone, and online. There are also agencies that can even help you with applying for services. Benefits Check Up can help you find more information on applying for SNAP in your state. 

Post 5:

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income older adults ages 60 plus by providing them with nutritious foods. The foods are healthy and good sources of nutrients like calcium, iron, vitamins A, C, and D; and fiber. For a full list, go to:

<https://www.fns.usda.gov/csfp/csfp-foods-available>

Fact sheet and information to apply: <https://fns-prod.azureedge.us/sites/default/files/csfp/programFactSheet-csfp.pdf>

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#AgingNutrition #Food #Nutrition #Health #CSFP

**Contact your
local Area
Agency on
Aging for
guidance**



Post 6:

Do you find it hard to buy healthy foods? You are not alone. More than six out of ten older adults say they must choose between buying food or paying for utilities, transportation, or medical care. Food pantries can be helpful. Do you know the differences between a food bank or a food pantry? Follow along or read the following: <https://acl.gov/sites/default/files/nutrition/FoodBanksFoodPantryTipSheet.pdf>

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#AgingNutrition #Food #Nutrition #Health #FoodBank #FoodPantry



Post 7:

A food bank is a nonprofit organization that acts as a food storage and distribution center for smaller front-line agencies, such as food pantries. A food bank generally does not give out food directly to individuals but has staff to assist individuals with getting benefits, such as the Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition benefits to supplement the food budget of families in need so they can purchase healthy food.

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#AgingNutrition #Food #Nutrition #Health #FoodBank #SNAP



Food banks often rely heavily on donors and volunteers to carry out their daily operations.

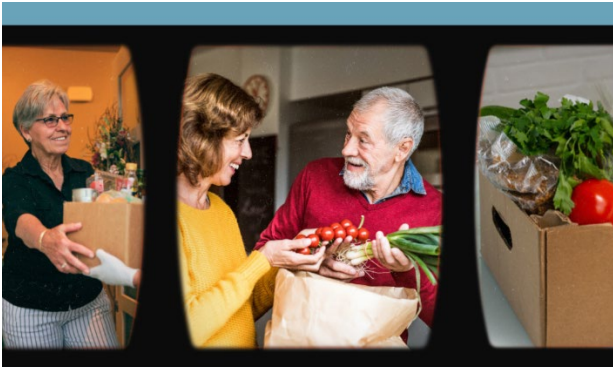


Post 8:

A food pantry is an agency found in your community that provides food and other resources to those in need. Many food pantries are now offering mobile pantry programs. Some food pantries allow individuals to “grocery shop” while others provide standard boxes of food. (For inspiration for a highlight video of your food pantry or related service use: <https://youtu.be/ed77UnHpdPw>)

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Food pantries may provide monthly groceries for older adults, emergency food boxes, and assistance with applying for federal programs.

Post 9:

A system called the “Supporting Wellness at Pantries (SWAP)” was developed by the Connecticut Foodshare Institute for Hunger Research & Solutions. SWAP has a color-coded system that provides guidance on which foods to choose often, sometimes, and rarely. For more information on SWAP go to:

https://nutritionhub2.wpenginepowered.com/wp-content/uploads/2018/05/SWAP-Info-1-pager_HER.pdf

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Post 10:

Are you or a loved one looking for assistance? Call your Aging and Disability Resource Center (ADRC) – if you don't know who or where an ADRC is, use the Eldercare locator at:

<https://eldercare.acl.gov/Public/Index.aspx>

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Post 11:

Knowing how to fit nutritious food into your daily meals and household budget is important for your health.

Nutritious food gives you the energy you need to stay mentally and physically active. Learn more about

eating on a budget at: <https://acl.gov/sites/default/files/nutrition/EatingOnABudgetTipSheet.pdf>

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#AgingNutrition #Food #Nutrition #Health #Meals #Budget #Mental #Physical



Eating on a Budget



Post 12:

Learning how to eat on a budget can help your grocery money last longer. For tips on how to get started, go to: <https://acl.gov/sites/default/files/nutrition/EatingOnABudgetTipSheet.pdf>

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#AgingNutrition #Food #Nutrition #Health #Budget

Where to Start	How to Save \$	How to Shop
<ul style="list-style-type: none">• Look in your home and know what you have available• Create a menu for the week<ul style="list-style-type: none">◦ <i>check out MyPlate Kitchen</i>• Plan for leftovers• Start a grocery list for any food items needed• Find different ways to make or eat the same food item	<ul style="list-style-type: none">• Cut coupons or download them• Use coupons for items on your grocery list• Sign up for discount cards or rewards programs• Find out if a special saving event for older adults is offered• Find out what is on sale each week• Use a grocery budget calculator	<ul style="list-style-type: none">• Never shop hungry• Take a grocery list• Try store brands• Look at items on the bottom and top shelves• Use unit pricing to get the best deal• Add beans and low sodium canned or frozen vegetables to bulk up meals• Check the "sell by" and "use by" dates

Post 13:

Do you find your food budget running low? Does this make it hard to purchase fresh produce? You may benefit from the Senior Farmers' Market Nutrition Program (SFMNP), which provides access to local fruits, vegetables, honey, and herbs. Learn more farmers' market tips and tricks at:

<https://acl.gov/sites/default/files/nutrition/FarmersMarketsTipsAndTricks.pdf>

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#AgingNutrition #Food #Nutrition #Health #FarmersMarket #SFMNP #FreshProduce



► Farmers' Market Tips & Tricks

Post 14:

The Senior Farmers' Market Nutrition Program gives vouchers to older adults so they can go to their local farmers' markets to shop for local fresh produce. Each state administers this program differently. Check with your state program and find your local market at: <https://www.ams.usda.gov/local-food-directories/farmersmarkets>

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#AgingNutrition #Food #Nutrition #Health #FarmersMarket #SFMNP



Senior Farmers' Market Program

Post 15:

Do you qualify for the Senior Farmers' Market Nutrition Program? Are you age 60 or older? Do you meet the income requirements? Then you qualify!

Learn more about eating healthy and apply for this program with help from your Area Agency on Aging – find yours at: <https://eldercare.acl.gov/Public/Index.aspx>

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#AgingNutrition #Food #Nutrition #Health #SFNP #FarmersMarket

Annual Income Requirement Examples

1 Person	\$13,590.00
2 Person	\$18,310.00

Connect with your Area Agency on Aging for additional information!

Post 16:

Do you enjoy shopping? Do you enjoy shopping local? Do you enjoy healthy eating? Put all of these together and what do you have? Shopping at your local farmers' market! See some tips below:

- Purchase produce that is in season
- Talk with vendors at the farmers' market
- Buy only what you need
- Consider canning or freezing produce
- Plan to prepare or store produce safely

Learn more at: <https://acl.gov/sites/default/files/nutrition/FarmersMarketsTipsAndTricks.pdf>

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#AgingNutrition #Food #Nutrition #Health #Shopping #FarmersMarket #SFMNP



Farmers' Market Shopping Tips

- Purchase produce that is in season
- Talk with vendors at the farmers' market
- Buy only what you need
- Consider canning or freezing produce
- Plan to prepare or store produce safely

Post 17:

Fruits and vegetables are important for a healthy diet. However, every food item has the potential to be harmful if not stored or prepared properly. Bacteria or germs can affect produce during growth, harvest, storage, and preparation. Follow these produce safety steps to decrease the chances for a foodborne illness.

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#AgingNutrition #Food #Nutrition #Health #Produce #Safety



Buying Produce

- Keep produce separate from meat, poultry, and seafood when packing them to take home.
- When buying pre-cut produce, make sure it is stored in a cold environment or on ice at the market.
- Inspect produce for quality – choose produce that is not bruised or damaged.



Storing Produce

- Store produce properly. Produce that requires refrigeration should be stored at 40 degrees Fahrenheit. Some produce must be stored in a dry, cool location.
- Refrigerate all pre-cut produce at home.



Preparing Produce

- Cut away any damaged areas on the produce before preparing or eating.
- Wash all produce under running water before preparing or eating. Do not use soap or detergents.
- Even if you do not plan to eat the skin, wash the produce before you peel so no bacteria get under the skin when peeling.
- Use a produce brush on firm produce.
- After washing produce, dry with a clean cloth or paper towel to avoid contamination with bacteria.

Post 18:

Do you have access to a community garden? Did you know there are health benefits to using a community garden? A community garden is a space where an organization or group of people work together to plan, plant, and harvest produce. Learn more at:

<https://acl.gov/sites/default/files/nutrition/HealthierYouWithCommunityGardens.pdf>

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#AgingNutrition #Food #Nutrition #Health #Community #Garden



Post 19:

Community gardens can take many forms – they can be planted in a vacant land lot, containers, or a field. Gardens enhance the environment by:

- Improving scenery and brightening the community
- Inviting birds and beneficial insects to the area
- Adding oxygen to and purifying the air
- Absorbing rainwater, which decreases runoff of water and pollutants in natural waterways

Learn more at: <https://acl.gov/sites/default/files/nutrition/HealthierYouWithCommunityGardens.pdf>

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#AgingNutrition #Food #Nutrition #Health #Community #Garden

Gardens Help...

- Improve scenery and brighten the community
- Invite birds and beneficial insects to the area
- Add oxygen to and purify the air
- Absorb rainwater, which decreases runoff of water and pollutants in natural waterways



Post 20:

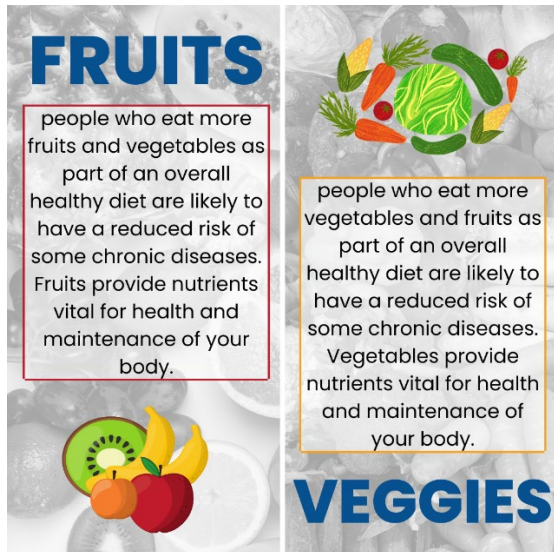
Older adults need about two cups of fruit and three cups of vegetables each day to meet their nutrient needs. Eating fresh produce – whole, canned, frozen, or juiced – is an effective way to increase intake of potassium, vitamin A, folate, vitamin C, magnesium, and fiber. Learn more at the following links about the benefits of eating fresh produce.

Fruits: <https://www.myplate.gov/eat-healthy/fruits>

Vegetables: <https://www.myplate.gov/eat-healthy/vegetables>

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#AgingNutrition #Food #Nutrition #Health #Gardens #Fruits #Vegetables



Post 21: (if applicable)

Working in a community garden provides an opportunity to engage your body – even if you sit in a chair while breaking beans or shucking corn. Further, gardening can help to decrease stress, provide a chance to socialize and give back to others. Contact your local Area Agency on Aging to find a community garden near you!

<https://eldercare.acl.gov/Public/index.aspx>

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#AgingNutrition #Food #Nutrition #Health #Community #Garden



**Contact
Your Area
Agency on
Aging to
Find a
Community
Garden
Near You!**