



Healthy food, healthier outcomes for veterans

LOCAL HELP AND RESOURCES ARE AVAILABLE

For many veterans, food insecurity leads to an unhealthy diet. But there are people and resources in your own community that can help.

Do you find yourself making these trade-offs?

- Eating low-cost, highly filling foods that are less nutritious
- Choosing a small variety of foods
- Skipping meals to afford prescriptions or medical care
- Skipping meals so others in the household have enough to eat

Of the households Feeding America serves, 1 in 5 has at least one member who has served in the military.¹



In fact, higher rates of food insecurity have been reported among veterans who served in Iraq and Afghanistan (27%), female veterans (28%), homeless and formerly homeless veterans (49%), and veterans with serious mental illness (35%).²

Food insecurity and health

Having regular access to healthy food is important to maintaining your health and can help prevent health problems from developing over time. For veterans, this may mean spending less money on healthcare, missing fewer days from work, and staying active.

Your health and well-being

Having regular access to healthy foods can help decrease your risk of some common and costly health problems:³

Seniors

- Asthma
- Congestive heart failure
- Depression
- Osteoporosis
- Hypertension
- Limitations in activities
- Diabetes

Adults

- Arthritis
- Chronic kidney disease
- Insufficient sleep
- Diabetes
- Hypertension
- Chronic obstructive pulmonary disease

Children

- Less physical activity
- Mental health problems
- Poor educational performance

¹ Feeding America, "Fighting for Veterans," June 2018, <https://www.feedingamerica.org/hunger-blog/fighting-for-veterans-1>

² Federal Practitioner, "Food Insecurity Among Veterans: Resources to Screen and Intervene," January 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7010340/>

³ Food Research & Action Center, Hunger & Health, December 2017, <https://frac.org/wp-content/uploads/hunger-health-impact-poverty-food-insecurity-health-well-being.pdf>





GOOD NEWS

Resources for eating healthy on a budget

USDA ChooseMyPlate: Healthy Eating on a Budget

Tips and information for meal and grocery planning.

www.choosemyplate.gov/eathealthy/budget

Academy of Nutrition and Dietetics: Eat Right

Fact on nutrition, planning and prepping meals, vitamins and supplements, resources and more.

www.eatright.org/food

FoodSafety.gov: 4 Steps to Food Safety

Guidance on the four simple steps to help keep your family safe from food poisoning at home.

www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety

Support from your health plan

Some health plans may include food assistance and meal delivery. Call the number on the back of your medical insurance ID card to see what benefits may be available to you.

Federally assisted programs

Supplemental Nutrition Assistance Program (SNAP)

Those who are eligible can get money to purchase food at participating grocery stores, farmers markets and other retailers. The average benefit is about \$127 per month per person. Your household must meet certain requirements to be eligible.

www.fns.usda.gov/snap

Veterans Service Organizations

Offers a range of services, including assistance with benefit claims and emergency food assistance.

www.va.gov/vso

Seniors Farmers Market Nutrition Program

Offers vouchers for low-income seniors for farmers markets, farm stands, and community supported agriculture programs.

www.fns.usda.gov/sfmpn/senior-farmers-market-nutrition-program

Commodity Supplemental Food Program

Serves eligible, low-income seniors with a monthly food package.

www.fns.usda.gov/csfp/commodity-supplemental-food-program

Women, Infants and Children (WIC) Program

Provides money for supplemental foods for eligible pregnant, postpartum and breastfeeding women, as well as children under the age of 5.

www.fns.usda.gov/wic

Child Nutrition Programs

Supplies low-cost or free meals to children each school day, with programs for breakfast, lunch, daycare and summer food service.

www.fns.usda.gov/school-meals/child-nutrition-programs





Food pantries, home-delivered meals and additional food programs

Feeding America Affiliate Food Bank

Offers free food and grocery items at specified locations, including certain VA medical centers through the Veterans Pantry Pilot program.

www.feedingamerica.org/find-your-local-foodbank

Meals on Wheels

Arranges free or low-cost home-delivered meals for seniors. Focuses on caring for individuals whose diminished mobility makes it difficult to shop for food, prepare meals or socialize.

www.mealsonwheelsamerica.org

211 Helpline Center

Provides community information and referrals to social services. Calls are free and confidential.

Dial 211, 24 hours a day, 7 days a week

www.helplinecenter.org

Additional support services for veterans

Veterans of Foreign Wars Program

Donates food, gift cards to grocery stores, and supplies to veterans who are at risk or currently facing food insecurity challenges during COVID-19.

www.vfw.org

American Vets Program

Offers free career training to help match veterans and spouses with employment opportunities.

www.amvets.org

Vietnam Veterans of America Program

Helps with filing VA claims and provides tools for financial planning.

301-585-400 (TTY: 711), Monday – Friday, 8:30 a.m. – 5 p.m.

www.vva.org

Paralyzed Veterans of America Program

Connects veterans with disabilities to career opportunities and additional access to healthcare.

www.pva.org

The American Legion Program

Provides a family support network with opportunities to participate in sporting events, offers educational scholarships for children, and sponsors multiple career events.

www.legion.org

Disabled American Veterans Program

Offers transportation to medical appointments and assists those seeking employment.

www.dav.org

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns. Consult your doctor before beginning any new diet or exercise regimen. Humana has no affiliation with, and does not endorse, these organizations.

Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocrportal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **1-800-927-HELP (4357)**, to file a grievance.

Auxiliary aids and services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda'í béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowol.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك