



Healthy food is important for good health



Getting wholesome, nutritious food is important to maintaining a healthy routine.

That's why we're sharing helpful resources and tips that can help support you while maintaining safe and healthy distances.

Trade-offs to putting meals on the table

Seniors who are unable to obtain regular access to healthy food may experience making these tradeoffs:

- Eating low-cost, highly filling foods that lack necessary nutrients
- Repeating the same meals without any variety of foods
- Skipping meals to afford prescriptions or medical care
- Watering down food and drinks to make them last longer



1 in 9 Americans doesn't have access to enough food for a healthy, active life.¹



In fact, **5.3 million** seniors across the U.S. were food insecure in 2018.² And, because of the COVID-19 health crisis, up to **9.9 million** more Americans are at risk for food insecurity.³

Food insecurity and health

Food insecurity has direct and indirect impacts on both physical and mental well-being for people of all ages, including seniors. Eating healthy foods can help decrease your risk for chronic diseases like heart disease and diabetes. It also helps keep your brain healthy so you can continue to do the things you love.⁴



YOUR HEALTH AND WELL-BEING

Having regular access to healthy foods can help decrease your risk of some common and costly health problems:⁴

- Asthma
- Congestive heart failure
- Depression
- Limitations in activities of daily living
- Lower cognitive function
- Peripheral arterial disease

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Tips for getting the healthy food you need

Use your healthcare team for help

Talk with your doctor, nurse or registered dietitian about making better food and nutrition choices. They can help you:

- **Identify** healthy food options that support your care needs.
- **Navigate** the grocery store to find items that are both nutritious and cost-effective.
- **Get connected** to your local food bank and other feeding programs for help.

Tips for safe grocery shopping

- **Shop during “senior-only shopping” hours**, if available by your local grocery store, which are typically in the early morning. These hours are for seniors 65 and older and people with disabilities.
- Wear a protective **face mask**, if available.
- Ensure your **cart has been disinfected** before use.
- Keep your **hands away from your entire face—eyes, nose, mouth and ears**.
- **Keep safe distances** from other shoppers and workers while shopping at the store.
- **Follow checkout instructions** to keep safe distances from other shoppers and workers.

Tips for grocery shopping on a budget

- Get **less expensive cuts of meat** that may be in stock and are great to use in casseroles, soups, stews, burritos, etc., for bigger meals with lots of leftovers.
- In place of meat, you can try beans, legumes, eggs, and canned and frozen fish—**less expensive but nutritious sources of protein** that can be used in many ways. Also, canned fish does not require refrigeration.
- If fresh vegetables are limited, **try canned vegetables and beans**. Properly rinse and drain them before cooking.
- Powdered milk and/or evaporated canned milk (not sweetened condensed milk) are **lower-cost alternatives to dairy-based milk**. Simply add the amount of water that is recommended on the package or can.

Tips for preparing meals

- To help you get the nutrition you need, consider eating a **variety of fruits, vegetables, whole grains, lean proteins and low-fat/fat-free dairy or dairy-free options**.
- If you have one, use a slow cooker or pressure cooker to **prepare soups, stews and other mixed dishes**, which may provide leftovers for more than one day.
- **Keep foods at proper temperatures** before and during cooking and when they are stored after a meal.
- Throw away foods and beverages if dates have expired.





Resources for food assistance

There are **numerous options for resources and support**, which may be available to you.

Support from your health plan

Some health plans may provide eligible members with food resources and assistance, including meal delivery. **Call the number on the back of your medical insurance ID card** to see what benefits may be available.



RESOURCES FOR EATING ON A BUDGET

- **Academy of Nutrition and Dietetics: Eat Right**
Offers food fact sheets on nutrition, planning and prepping meals, vitamins and supplements, resources and more.
www.eatright.org/food
- **FoodSafety.gov: 4 Steps to Food Safety**
Provides steps and 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
- **USDA ChooseMyPlate: Healthy Eating on a Budget**
Offers tips, tools and information for meal and grocery planning, shopping the aisles, preparing healthy meals, and more.
<https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>



FEDERALLY ASSISTED PROGRAMS

- **Commodity Supplemental Food Program**
Serves eligible, low-income seniors with a monthly food package.
www.fns.usda.gov/csfp/commodity-supplemental-food-program
- **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/sfmnp/senior-farmers-market-nutrition-program
- **Supplemental Nutrition Assistance Program (SNAP)**
Provides money to purchase food at grocery stores, farmers markets and other retailers (formerly known as food snaps). The average benefit is about \$127 per month per person.
www.fns.usda.gov/snap



FOOD PANTRIES, HOME-DELIVERED MEALS AND ADDITIONAL FOOD PROGRAMS

- **Feeding America Affiliate Food Bank**

Provides local resources for feeding programs in your community. Resources and requirements vary by food bank.

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

- **Meals on Wheels®**

Gives 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 with others.

www.mealsonwheelsamerica.org

- **211 Helpline Center**

Provides community information and referrals to social services for everyday needs and in times of crisis, including food support. Calls are free and confidential. **Dial 211 from any phone, 24 hours a day, 7 days a week.**

www.helplinecenter.org

¹Household Food Security in the United States in 2018. USDA, September 2019. Economic Research Report Number 270 www.ers.usda.gov/

²Feeding America, 2020, <https://www.feedingamerica.org/research/senior-hunger-research/senior>

³The Impact of the Coronavirus on Food Insecurity. Feeding America, April 2020.

⁴Cognitive Health and Older Adults, National Institute on Aging. <https://www.nia.nih.gov/health/cognitive-health-and-older-adults>

Humana has no affiliation with and does not endorse these organizations.

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.

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 béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowoł.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك