



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.

Trade-offs to putting meals on the table

Seniors who are unable to obtain regular access to healthy food may experience making these trade-offs:

- Eating low-cost, 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



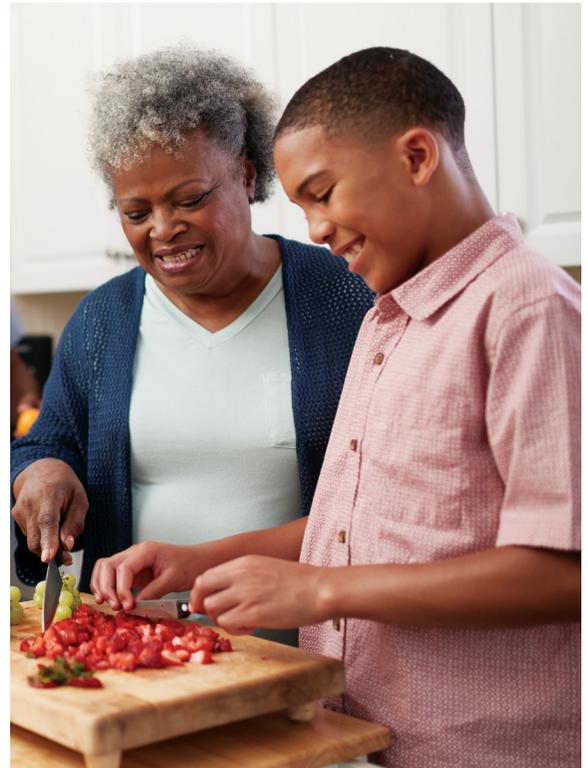
In 2020, **1 in 8** people were food insecure—equating to **38 million** Americans.¹



In fact, **5.2 million** seniors across the U.S. were food insecure in 2019.² And, because of COVID-19, many people are facing greater hardships impacting their access to food.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:²

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

Humana®



Healthy food is important for good health



Tips for getting the healthy food you need



Use your healthcare team for help

Talk to a member of your healthcare team or a 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 food assistance programs for help.



Tips for safe grocery shopping

- 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 others when in the store.



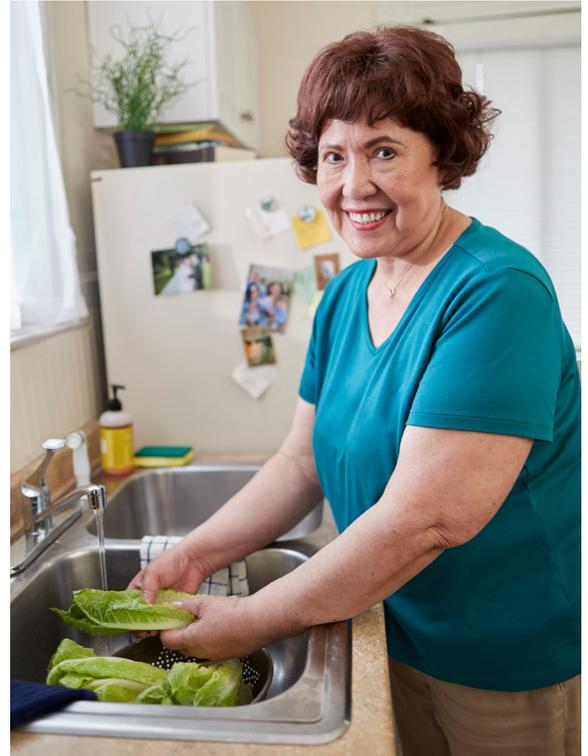
Tips for grocery shopping on a budget

- 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 frozen and 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 alternative 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.





Healthy food is important for good health



Resources for food assistance

Support from your health plan

Some health plans may include benefits that 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.
www.myplate.gov



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 stamps). In 2021, the average SNAP monthly benefit was \$216.⁵
www.fns.usda.gov/snap



Healthy food is important for good health



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

Sources

1. Alisha Coleman-Jensen, Matthew P. Rabbitt, Christian A. Gregory, and Anita Singh. 2021. Household Food Security in the United States in 2020, ERR-298, U.S. Department of Agriculture, Economic Research Service.
2. Feeding America, 2021, <https://www.feedingamerica.org/research/senior-hunger-research/senior>.
3. The Impact of the Coronavirus on National Food Insecurity. Feeding America, March 2021.
4. Cognitive Health and Older Adults, National Institute on Aging. <https://www.nia.nih.gov/health/cognitive-health-and-older-adults>.
5. U.S. Department of Agriculture, Program Information Report (Keydata), 2021, <https://fns-prod.azureedge.net/sites/default/files/data-files/keydata-september-2021.pdf>.

Humana®

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618, **877-320-1235 (TTY: 711)**.

Auxiliary aids and services, free of charge, are available to you. 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.

This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。

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.