



# Some Older Adults Need Assistance Obtaining...

## **FOOD**

- **Food distribution programs**
- **Family, friends or volunteers who may be able to assist and teach how to order food online**
- **Grocery delivery**
- **Financial or benefits assistance**
- **Transportation access**
- **Nutrition education and counseling**

## **MEALS**

- **Health plans may provide meals – after hospital discharge or for those with chronic conditions**
- **Family, friends or volunteers who may be able to assist and teach how to order meals online**
- **Financial or benefits assistance**
- **Community-based long-term services and supports including faith-based and nonprofit organizations**