

Programs funded by Area Agencies on Aging such as AgeOptions are paid for using Older Americans Act funds, plus state and local monies and donations. **Your health care team can send a referral to AgeOptions which will promptly call you to discuss your opportunities.**



If you do not have a health care professional you can talk to, call us directly:

Call AgeOptions at:

**(800) 699-9043 or
(708) 383-0258**

This brochure is prepared and printed in part with federal Older Americans Act, Administration for Community Living, State of Illinois General Revenue and AgeOptions funds. The Illinois Department on Aging and U.S. Administration on Aging are recognized for their support of AgeOptions. Neither is responsible for the content of this brochure.

Food & Your Health

Did you know that what you eat or not eat can impact your health?

Talk to Your Health Care Team

Your health care team may not always ask you about food. But, help may be available to you.

You should ask them about nutritional services in your community. Your health care team can make a referral to AgeOptions to help you get the food you need.



Connecting Older Adults with Community-based Resources and Options

The Area Agency on Aging of Suburban Cook County



- ***Are you skipping meals?***
- ***Concerned about your next meal?***
- ***Worried your food will run out before you have money to buy more?***
- ***Are you eating the right foods for your health condition(s)?***



If you are 60 or older and answered “yes” to any of these questions, talk to your doctor, nurse, social worker, care coordinator or other member of your health care team. They can tell you about community programs to help you get the nutrition you need to stay healthy! Other resources are available too.



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Programs & Services

There are programs and services to help everyone, but especially for persons **60 years of age and over**. Many of these programs are right in the community where you live.

AgeOptions or your local **Area Agency on Aging** can link you with community resources aimed at food. They can also help you obtain other government programs, benefits and health education.

Possible Options for Food & Information

- Meals near where you live and where you can also talk with neighbors and learn about nutrition
- Meals delivered to your home
- Local food pantries in your neighborhood
- Farmer’s markets
- Groceries delivered to your home
- Education & wellness programs
- SNAP (Supplemental Nutrition Assistance Program – Food Stamps)