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

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.
- 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.

**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)