



Nutrition and Aging Resource Center

Nutrition Resources for Kin and Grandfamilies

Introduction

In the United States, there are more than 2.4 million grandparents who are head of the household. Grandfamilies or kinship families are families in which children live with and are being raised by grandparents or extended family members. This means that during a time when a person may have less income and an increased risk of health issues, they are suddenly caring for a child(ren) with completely different needs. This document links to resources and programs that can help grandparents provide for themselves as well as the grandchildren they are raising.

Administration for Community Living (ACL)

[ACL's Grandparents and Nutritional Needs Tip Sheet](#) provides guidance to nutrition programs. It includes information about nutritional needs of older adults, how you can serve grandparents who are raising grandchildren, and how to collaborate with other programs.

ACL has other resources such as [Supporting Grandparents Raising Grandchildren: Resources for Consumers and Professionals](#) that may also be helpful.

The [Nutrition and Aging Resource Center](#) has educational resources for older adults on topics such as caregiving, food resources, food insecurity, and much more.

The Grandfamilies & Kinship Support Network and Generations United

The [Grandfamilies & Kinship Support Network](#) (the Network) is the first-ever national technical assistance center for those who serve grandfamilies and kinship families. Generations United operates the Network with funding from the American Rescue

Plan Act of 2021 as a 5-year cooperative agreement with ACL. With its partners – USAging, Child Trends, the National Caucus and Center on Black Aging, the National Indian Child Welfare Association, and ZERO TO THREE – the Network works with the nation’s leading experts on kinship and grandfamilies, including those who bring the fundamental expertise of being a member of a kinship/grandfamily, to improve services and supports for families in states, tribes, and territories. Together, they develop holistic approaches to improving the support of grandfamilies and kinship families, with nutrition being part of that focus. The Network’s technical assistance is free of charge. See the Network’s resources below to help your participants who are raising grandchildren:

- [Supplemental Nutrition Assistance Program \(SNAP\) for Kinship/Grandfamilies:](#) This fact sheet provides background, FAQs, and resources to help grandfamilies and kinship families get started with SNAP.
- [Grandfamilies & Kinship Support Network Technical Assistance Request Form:](#) Use this form for questions about research, practices, policies, or anything else related to supporting and/or serving kinship/grandfamilies.

[Generations United’s](#) mission is to improve the lives of children, youth, and older people through intergenerational collaboration, public policies, and programs for the enduring benefit of all. Several resources are available on the [2022 State of Grandfamilies](#) page, including:

- [Together at the Table: Supporting the Nutrition, Health, and Well-Being of Grandfamilies:](#) This report shares recent statistics on food insecurity among grandfamilies, challenges grandfamilies face in accessing nutrition programs, and recommendations for improving access.
- [Together at the Table Infographic:](#) This infographic summarizes key data from the report above.

Child Nutrition Resources

Grandparents can take advantage of [Child Nutrition Programs](#) to meet the needs of the children in their care. These programs can help provide food for children 18 and under for free or low-cost. This allows the family’s food budget to last longer throughout the month. The following programs must meet strict nutrition guidelines.

- **National School Lunch Program (NSLP) and School Breakfast Program (SBP):** These programs provide nutritionally balanced low-cost or free meals to students each school day. Schools may also provide after-school meals and snacks through these programs.
- **Child and Adult Care Food Program (CACFP):** Head Start, daycare programs, and schools provide meals to children through this program. Schools often use this program to provide after-school meal or snack options as well as educational activities to eligible students.
- **Summer Food Service Program (SFSP):** This federally funded, state administered program serves free healthy meals and snacks to children and teens in low-income areas. [Summer Meals Site Finder](#) can help you locate meal sites near you.

Other Resources

[Dietary Guidelines for Americans, 2020-2025:](#) These guidelines provide information on nutritional needs throughout the lifespan to promote health and prevent disease.