

About NY's Nutrition Programs for Older Adults

New York's nutrition program for older adults – the nation's largest – provides over 20 million meals annually to more than 245,000 older adults, supporting physical health and well-being while combatting social isolation.

NYSOFA administers the program, utilizing the expertise of Registered Dietitians (RDs), combining funding from federal, state, and local government sources into a single, comprehensive, state-wide nutrition program.

Services are provided by New York's 59 Area Agencies on Aging (AAAs) and their community partners in every county of the state. Nutrition services include meals (Congregate and Home Delivered), nutrition education and counseling, as well as referrals to additional supports and benefit programs.



NYSOFA and its network of 59 county-based area agencies on aging and almost 1,200 community-based providers serve more than 1.3 million older New Yorkers annually with a comprehensive array of services and supports that promote aging in place.



SNAP-Ed New York

SNAP (Supplemental Nutrition Assistance Program) helps eligible individuals afford healthy food. The statewide SNAP-Ed program reaches over 20,000 low-income older adults with nutrition education and health promotion activities to support healthy eating. Everyone can enjoy and benefit from NYSOFA's popular programming on Facebook and YouTube, "Ask the Experts: Nutrition Edition" and "What's Cooking with NYSOFA". **Visit:** <https://aging.ny.gov/snap-ed>

Congregate Meals



Nutritious and tasty meals are served to older New Yorkers in about 1,000 community settings like senior centers and community rooms throughout the state. In addition to a meal, these sites offer opportunities for social connection, education and recreation. Transportation is available to many sites. Participants receive current, RD-approved information and education to support healthy eating and wellness.

<https://aging.ny.gov/programs/food-and-meals>

Home-delivered meals



Home-delivered meals provide nutrition and social contact

Home Delivered Meals provide nutrition and social contact. When preparing meals isn't an option, this service delivers nutritious and tasty meals to an individual's home. Participants also receive current Registered Dietitian-approved information to support healthy eating and wellness. Individuals seeking assistance can receive a private, confidential assessment to learn whether this service is the best for them.

One-on-one Nutrition Guidance

Registered Dietitians offer private consultations with older adults in need of guidance specific to their individual nutritional needs. This service, called nutrition counseling, is particularly helpful to those who have dietary restrictions, chronic illnesses or unintended weight loss or gain.

Senior Farmers' Market Nutrition Program

Each summer, the Senior Farmers' Market Nutrition Program increases access to locally grown fresh fruits and vegetables. This program provides older adults with coupon booklets to use as cash at participating New York State farmers markets. Eligibility is based on age (60 or older) and income guidelines. Coupons are issued on a first-come first-served basis through local Area Agencies on Aging.



Office for
the Aging

To learn more about nutrition programs and supports near you, call **1-800-342-9871** or visit www.nyconnects.ny.gov/