# Older Adult Food Security

Presented by:

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# What is Food Insecurity?

## Food Insecurity

- USDA: "a lack of consistent access to enough food for every person in a household to live an active, healthy life."
- Census: Food Security Supplement to the Current Population Survey (every December)
- State of Senior Hunger: In 2021, 7.9% of Missourians 60+ were food insecure (114,216 individuals)

## OA Food Insecurity Index

- 18 articles between 1999 and 2021 about OA food insecurity.
- 13 factors (listed in order of impact): below poverty, living with a disability, on Medicaid, no health insurance, below poverty and not receiving SNAP, not a high school graduate, race other than white alone, 65-74, not married, living alone, female, urban, and at least .5 miles from a grocery store.
- Can be applied at the state, county, or census tract level.

## Applying the Older Adult Food Insecurity Index to the Older Adult Population in Missouri

- Based on the index, using 2021 data:
  - The total older adult food insecurity rate was 12.88%
  - County-level rates range from 7.82% (Putnam County) to 22.81% (Oregon County)
  - Only two counties (Wayne and Ripley County) were in the ten highest for total food insecurity and food insecurity based on financial and non-financial risk factors

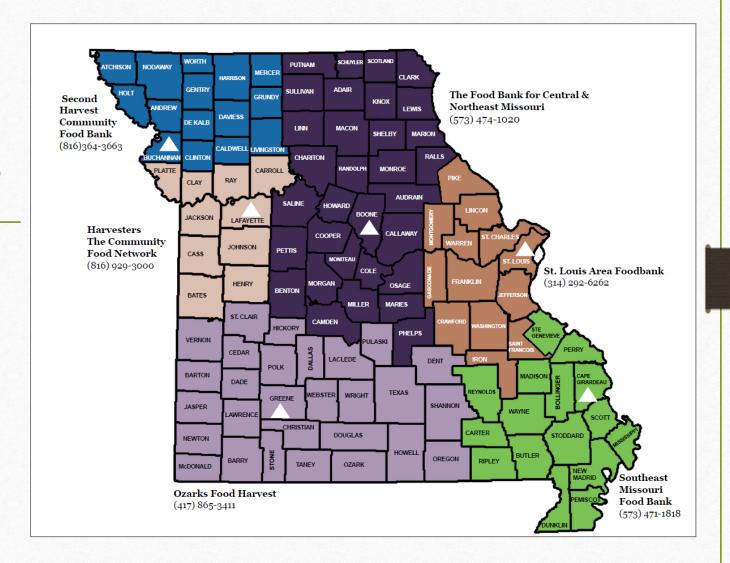
Factor	Missouri Percent	Wayne County, Missouri	St. Louis City, Missouri
Disability 65+	0.352	0.571	0.385
Population Medicaid	0.135	0.212	0.136
Population Race other than White 65-74	0.196 0.592	0.051 0.583	0.536 0.631
Living alone 65+	0.399	0.361	0.499
Urban (Population Households in 2+ Unit Building)	0.191	0.039	0.498
.5+ miles from grocery 65+	0.782	0.986	0.520
Not Married 65+	0.439	0.385	0.529

Food Assistance
Programs and
Organizations in
Missouri

https://health.mo.gov/seniors/aaa/find-food.php

## Food Banks

- Regional food distributors
- Provide food to nonprofit organizations and churches for direct food distribution



## Food Pantries

Food provided to neighbors at no cost – check your area food bank's website or call 211 for a more comprehensive list of pantries in your area.









## Commodity Supplemental Food Program (CSFP)

- Monthly food boxes for low-income persons at least 60 years of age to supplement their diets with nutritious USDA Foods.
- Find a CSFP agency in your area:
  - **Phone**: 800-733-6251
  - Email: Gail.ponder@health.mo.gov



## Supplemental Nutrition Assistance Program (SNAP)

- Monthly benefit to supplement grocery purchases
  - Benefits on a card –used like a debit card, more discrete than the old food stamps
  - Accepted at most grocery stores and some corner stores—Walmart, Kroger, Dollar General, Casey's, Woods, etc.
  - Offers the most choice to recipients





## Supplemental Nutrition Assistance Program (SNAP)

- SNAP supports the local economy
  - Every \$1 of SNAP benefits generates \$1.79 in economic activity (*USDA*, 2019)
- Applying for SNAP:
  - Online, on paper, over-the-phone
  - About 10-15 minutes to complete
  - After submitting the application, you must complete an interview with DSS within 30 days (phone or in-person appt.).

SNAP benefits can be used to buy food for the household, excluding alcohol, vitamins/supplements and hot food. Many stores and markets accept Food Stamps!

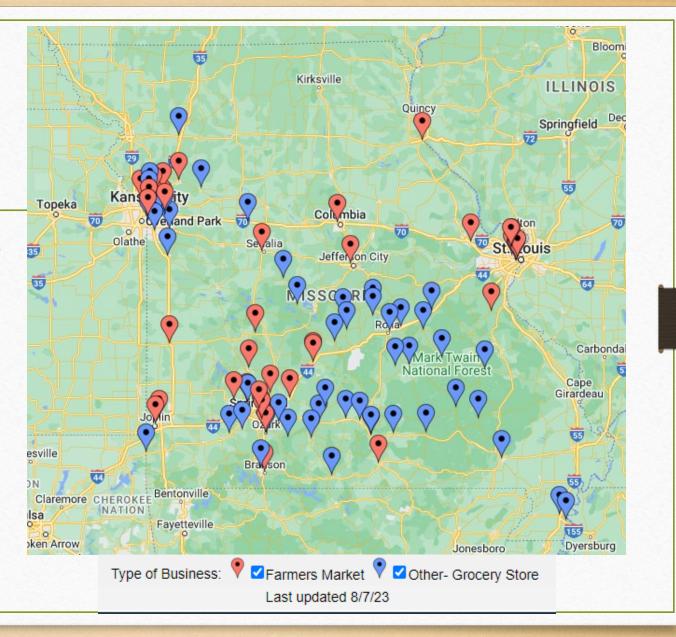
## Food Stamps Income Guidelines

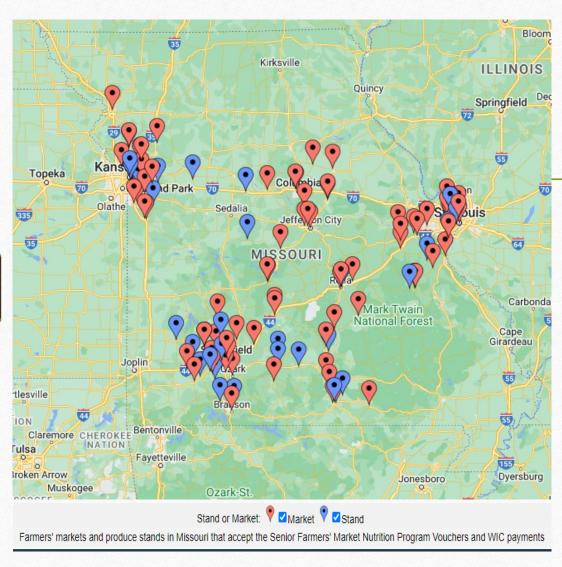
Household Size	Gross monthly income (130 percent of poverty)
1	\$1,473
2	\$1,984
3	\$2,495
4	\$3,007
5	\$3,518
Each additional member	\$512

Updated 10/10/2022

## Double up Food Bucks

- Increased SNAP benefits for produce
- 92 locations
- Find more information at <a href="https://www.doubleupheartland.org/">https://www.doubleupheartland.org/</a>



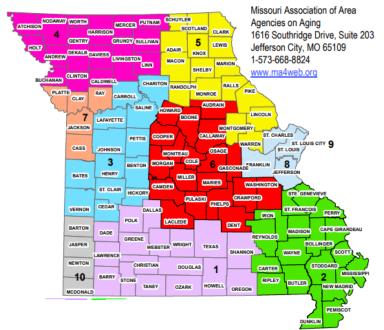


## Senior Farmers' Market Nutrition Program

- Up to \$50 a year to low-income older Missourians for produce
- 113 locations in 47 counties
- Find more information at <u>https://agriculture.mo.gov/abd/fmkt/</u>

## Area Agencies on Aging

### Missouri Area Agencies on Aging



### 1. SeniorAge AAA

1735 S. Fort Ave Springfield, MO 65807 1-417-862-0762 1-800-497-0822

www.senioragemo.org www.facebook.com/senioragemo

### 2. Aging Matters

815 N. Osteopathy

1-660-665-4682

Kirksville, MO 63501

1078 Wolverine, Suite J Cape Girardeau, MO 63701 1-573-335-3331 1-800-392-8771

www.agingmatters2u.com www.facebook.com/AgingMatters2u/

### 3. Care Connection for Aging Services

106 W. Young Street Warrensburg, MO 64093 1-660-747-3107 1-800-748-7826

www.goaging.org www.facebook.com/goaging.org/

### 4. Young at Heart Resources 5. Northeast MO AAA

809 North 13th Street Albany, MO 64402 1-660-240-9400 1-888-844-5626

www.yahresources.org www.facebook.com/ youngatheartresources/

14535 Manchester Road

www.agingahead.org

www.facebook.com/

1-636-207-0847

1-800-243-6060

agingahead/

St. Louis, MO 63011-3960

### 1-800-664-6338

www.nemoaaa.com www.facebook.com/ Northeast-Missouri-Area-Agency-on-Aging-285415805380483/

### 9. St. Louis AAA

1520 Market St., 4th floor, Rm. 4065 St Louis, MO 63103 1-314-612-5918 1-877-612-5918 www.slaaa.org www.facebook.com/ stlouisareaagencyonaging/

### . Aging Best

agingbest.org/

201 W. Broadway, Suite 1-E Columbia, MO 65201 1-573-443-5823 1-800-369-5211 www.agingbest.org www.facebook.com/

#### 7. Mid-America Regional Council AAA

600 Broadway Suite 200 Kansas City, MO 64105-1554 1-816-421-4980 1-800-593-7948

www.marc.org/community/aging www.facebook.com/ MARCKCMetro/

### 8. Aging Ahead 9. St. I

### 10. Region X AAA

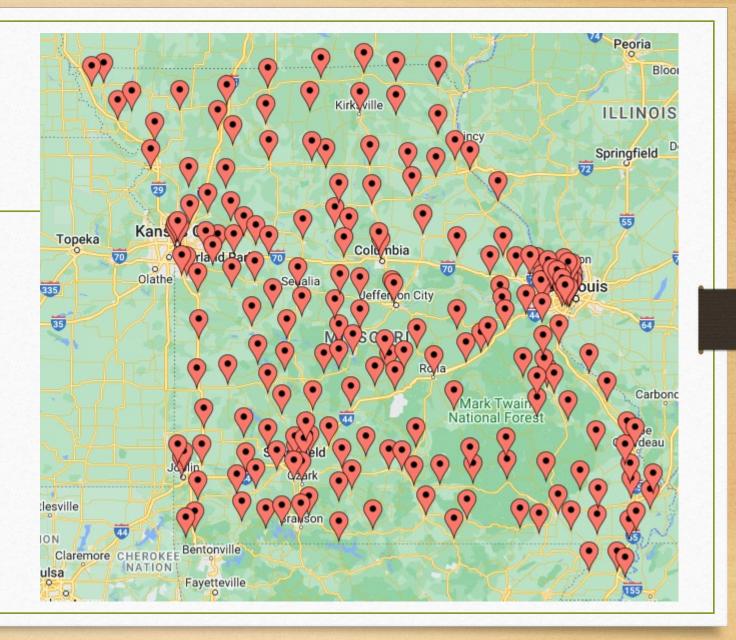
531 E. 15th. Street Joplin, MO 64804 1-417-781-7562 www.aaaregionx.org www.facebook.com/aaaregionx/

Connect with your local AAA by calling 1-800-235-5503 or at

https://health.mo.gov/seniors/aaa/

## Senior Centers

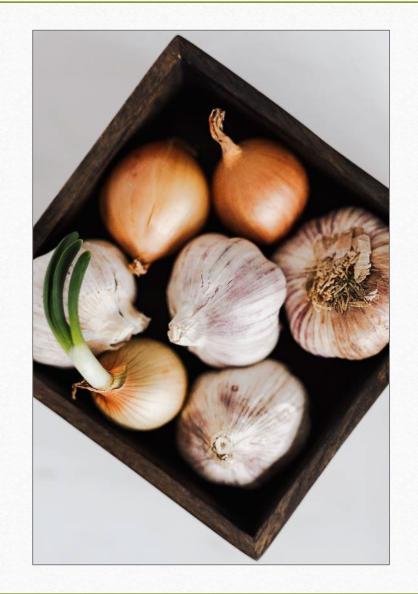




# Addressing Barriers to Accessing Food Resources

"I don't want to take food away from someone who needs it more."

- There is enough assistance to go around
- By paying taxes during their working lives, they have contributed to the safety net programs which are built to help in situations like this.
- Food assistance can be a shortterm solution –you can stop if your situation changes



# "I don't need help. I can get by."

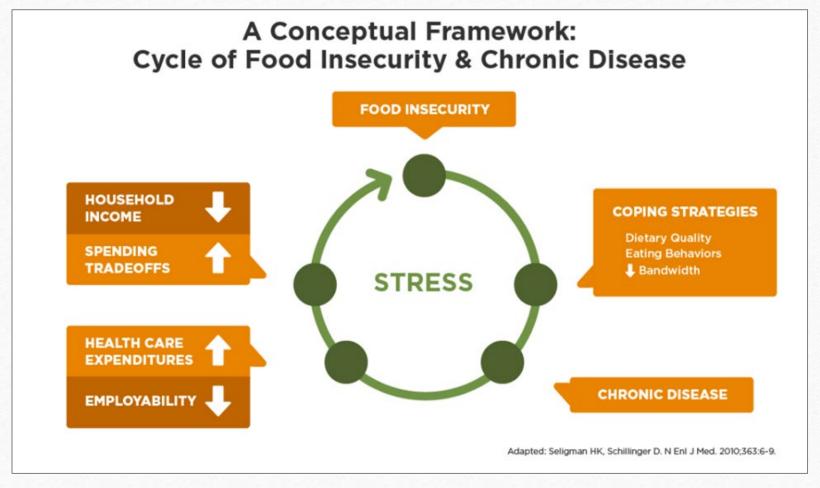
### Food Insecurity:

A lack of consistent access to enough food for every person in a household to live an active, healthy life.

- Another way to think about it:
  - Quantity: physically having enough food/calories
  - Quality: nutritious, lead to a healthy lifestyle
  - Relevancy: access to food that is culturally, medically appropriate



## Food security improves outcomes long-term



## Addressing stigma:

"I don't want people to know I need help."

- Rapport, personal referrals make a difference
- Emphasize privacy
  - When applying
  - When receiving
  - When re-certifying



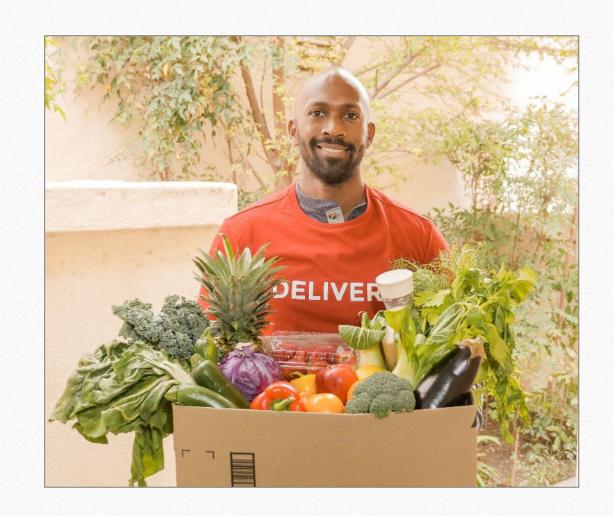
## "Applying for assistance is too hard."

- In-person help
- Multiple ways to apply for assistance
- Certification length



# "I don't have transportation."

- Transportation
   assistance available
   through local
   organizations
- Meal/grocery delivery



# "Applying for assistance isn't worth it."

- SNAP provides at least \$23/month
- Longer certification periods for older adults
- Receiving assistance from one program can make applying for other assistance easier



IF YOU QUALIFY FOR SNAP, YOU MAY BE ELIGIBLE FOR A NUMBER OF OTHER RESOURCES



HEALTH INSURANCE (MEDICAID/MEDICARE)
Get help with medical expenses:
<a href="https://mydss.mo.gov/healthcare/apply">https://mydss.mo.gov/healthcare/apply</a>

## WOMEN, INFANTS, AND CHILDREN (WIC) Supplemental food, nutrition education, and breastfeeding support for those who are pregnant, breastfeeding, and postpartum, as well as parents and guardians to children up to age 5: https://health.mo.gov/living/families/wic/



DISABILITY BENIFITS (SOCIAL SECURITY)
Get Disability Benefits:
<a href="https://www.ssa.gov/benefits/disability/">https://www.ssa.gov/benefits/disability/</a>

### RENTAL ASSISTANCE

Receive help with rent through a Housing Choice Voucher or other help from your local Public Housing Agency: https://www.hud.gov/states/missouri/renting



UTILITY (ENERGY) ASSISTANCE
Receive help with utilities through the LIHEAP and LIHWAP Programs:
https://mydss.mo.gov/utility-assistance
Or Ameren Energy Assistance:
https://www.ameren.com/missouri/residential/energy-assistance

### TEMPORARY CASH ASSISTANCE

Get help covering the cost for children, such as clothing, utilities, and other costs: <a href="https://mydss.mo.gov/temporary-assistance/apply">https://mydss.mo.gov/temporary-assistance/apply</a>



## C S S

### CHILD CARE ASSISTANCE Support for child care costs through the Child Care

Support for child care costs through the Child Care
Subsidy Program: <a href="https://dss.mo.gov/cd/child-care/">https://dss.mo.gov/cd/child-care/</a>

### **FARMERS MARKET FUNDS**

The Double Up Food Bucks program matches each \$1 spent at farmers markets and some grocery stores (up to \$25 per day): <a href="https://www.doubleupheartland.org/">https://www.doubleupheartland.org/</a>





#### PHONE ASSISTANCE

Get help with a free smartphone and phone plan through Lifeline: <a href="https://www.lifelinesupport.org/">https://www.lifelinesupport.org/</a>

### INTERNET ASSISTANCE

Receive reduced price internet and get help with purchasing certain devices through the Affordable Connectivity Program: https://www.affordableconnectivity.gov/





### **DISCOUNTED AMAZON MEMBERSHIP**

Receive half-off an Amazon Prime membership: amazon.com/qualify

### FIND A FOOD PANTRY NEAR YOU:

SHAREFOODBRINGHOPE.ORG/GET-HELP

## Questions?

## Contact the presenters:

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The Bureau of Senior Programs,

DHSS

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