
Food And Nutrition Programs

ELDERLY NUTRITION PROGRAM

Program Description:

The Elderly Nutrition Program serves nutritionally balanced meals and provides nutrition education to individuals 60 years of age and older and their spouses. Nourishing meals are served once a day for five or more days per week at 200 meal sites statewide. These meal sites are located in senior centers, elderly housing projects, schools, churches and other community settings, where seniors gather to participate in activities and have access to other programs and services.

Meals are delivered to homebound or otherwise isolated older persons. Evening and weekend meals may be served. Nutrition education is provided in groups at congregate sites and through newsletters and visits to the homebound. Congregate and home delivered meals are available for a suggested donation, although, no one is denied services if they are unable to make a donation. The Elderly Nutrition Program is supported by federal, state, and local funding as well as client contributions.

Eligibility Requirements:

To qualify for congregate meals, participants must be 60 years old or older or be an accompanying spouse of a participant regardless of age. In addition, congregate meals may be made available to disabled individuals who have not attained 60 years of age but who live in housing facilities occupied primarily by the elderly at which congregate nutrition services are provided.

To qualify for home delivered meals, a person must be 60 years of age or older and homebound. Other assessment criteria may apply. Spouses of eligible persons receiving meals may also receive home delivered meals.

For More Information:

Contact the elderly nutrition project serving your area for information on meal site locations. A list of these projects can be found on the next page.

Title III Elderly Nutrition Program Operating Agencies

Eastern

TVCCA, Inc.
81 Stockhouse Road
Bozrah, CT 06334
Phone: (860) 886-1720
Fax: (860) 892-2295

Estuary Council of Senior Clubs, Inc.
220 Main Street
Old Saybrook, CT 06475
Phone: (860) 388-1611
Fax: (860) 388-6770

CRT
P.O. Box 821
Middletown, CT 06457
Phone: (860) 347-4465
Fax: (860) 346-6813

North Central

CRT
555 Windsor Street
Hartford, CT 06120
Phone: (860) 560-5600
Fax: (860) 527-3305
Website: www.crtct.org

WESP (weekend only)
Center City Churches
60 Gold Street
Hartford, CT 06103
Phone: (860) 247-4080

Town of Enfield (weekend only)
820 Enfield Street
Enfield, CT 06082
Phone: (860) 253-6394
Fax: (860) 253 – 6399

South Central

Community Action Agency of New Haven,
Inc.
781 Whalley Avenue
New Haven, CT 06515
Phone: (203) 387-7700
Fax: (203) 397-7475

TEAM INC.
Project Manna
30 Elizabeth Street
Derby, CT 06418
Phone: (203) 736-5420
Fax: (203) 736-5425

Southwestern

The Salvation Army
1115 Main Street, Room 508
Bridgeport, CT 06604
Phone: (203) 367-0605
Fax (203) 366-8265

Catholic Charities of Fairfield County
30 Myano Lane, Suite 10
Stamford, CT 06902
Phone: (203) 324-6175
Fax: (203) 323-1108

Family Services of Woodfield, Inc.
475 Clinton Avenue
Bridgeport, CT 06605
Phone: (203) 368-4291
Fax: (203) 368-1239

Western

NOW, Inc.
232 North Elm Street
Waterbury, CT 06702
Phone: (203) 757-7738 or (203) 756-5261
Fax: (203) 755-7235
Danbury Phone: (203) 743-5418
Danbury Fax: (203) 743-5425

Litchfield Hills/Northwest ENP
88 East Albert Street
Torrington, CT 06790
Phone: (860) 482-4151
Fax: (860) 489-2529

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Program Description:

The Expanded Food and Nutrition Education Program of the University of Connecticut Cooperative Extension System provides food and nutrition information to low income individuals, families, children and some elderly. It is funded by the U.S. Department of Agriculture in cooperation with the University of Connecticut, College of Agriculture and Natural Resources. The Program is designed to help those individuals and families with limited resources to improve their nutrition and health.

Participants are enrolled and participate in at least four to six nutrition education experiences in group settings or in their homes. The program is free.

Eligibility Requirements:

To qualify, contact your local EFNEP office. Low income homemakers/individuals who are responsible for planning and preparing the family's food qualify for the program; emphasis is on households with young children. Low income families with elderly dependents may also qualify, as well as groups of seniors connected with an agency or group home.

For More Information Contact:

Hartford EFNEP
1800 Asylum Avenue
West Hartford, CT 06117
Phone: (860) 570-9010

North Haven EFNEP
305 Skiff Street
North Haven, CT
Phone: (203) 407-3161

Northeast EFNEP Unit*
562 New London Turnpike
Norwich, CT 06360
Phone: (860) 887-1608

Brooklyn EFNEP Unit
139 Wolf Den Road
Brooklyn, CT 06234-1729
Phone: (860) 774-9600

* covers New London, Norwich, Danielson and Putnam areas

FOOD STAMP PROGRAM

Program Description:

The Food Stamp Program provides monthly benefits that help low-income households buy the food they need for good health. Under agreement with the U.S. Department of Agriculture, State public assistance agencies run the program through their local offices. The basic rules are the same everywhere.

The amount of food stamps available to eligible persons depends on the number of people in the household, income, plus rent and utility expenses.

For most households, food stamps comprise only part of the food budgets. Individuals must spend some of their own cash along with food stamps in order to buy enough food for a month.

Eligibility Requirements:

1) Income - Almost all income is counted to determine eligibility. Proof of income is needed for all household members. Examples of proof include latest pay stubs or a statement from one's employer; or benefit letters from Social Security, Veterans Administration, or unemployment compensation or pension fund offices.

Monthly gross income limits for elderly or disabled households are:

<u>Number of Persons in Household</u>	<u>Monthly Gross Income Limit *</u>
1	\$893
2	\$1199

* There are some exceptions to this guideline. Please contact your regional office of the Department of Social Services for details. Refer to the index of this Manual to find the pages listing regional offices.

2) Resources: Some resources are counted and some are not. The Department of Social Services worker will explain which are counted. Households of two or more people may have up to \$3,000 in assets if at least one member is age 60 or older. A home, household goods, personal items and life insurance policies are not counted as assets.

Examples of resources that are counted are:

- Cash and money in check and savings accounts
- Stocks and bonds
- Land and buildings, other than the home and lot, which do not produce income.
- The value of a vehicle in excess of \$4650.

3) Social Security Number: A Social Security number must be submitted for every household member, including children. If any household member does not have a Social Security number, he or she will have to apply for one. If individuals are otherwise eligible for food stamps, they can receive them for a limited time while waiting for their Social Security number.

Households with members who are disabled or age 60 or older may qualify for a deduction for medical costs over \$35 a month which are incurred by people who are disabled or age 60 or older. These costs are deductible only if they are not covered by insurance, a government program, or some other source.

4) Citizenship: U.S. citizens and certain other legal aliens may qualify for food stamps. If members of a household are not U.S. citizens, they will have to provide proof of their status from the Immigration and Naturalization Service. Members whose citizenship is in question cannot qualify for food stamps until proof is obtained that they are U.S. citizens or eligible legal aliens. Even if some members of the household do not meet the citizenship requirements, those who do may qualify for food stamps.

5) Persons on strike: Households with persons who are on strike because of a labor dispute are not eligible unless they were eligible the day before the strike and continue to be eligible at the time of application. Eligible households cannot receive a higher allotment because of a decrease in the income of the striking member.

 **For More Information:**

Contact the Department of Social Services Regional Office nearest you. Refer to the index in this Manual for the page number of this list.

UNIVERSITY OF CONNECTICUT SENIOR NUTRITION AWARENESS PROJECT (SNAP)

Program Description:

The University of Connecticut Senior Nutrition Awareness Project, SNAP, is a nutrition education resource program for limited income seniors in Southeastern Connecticut. Funded by USDA, SNAP offers free services to seniors in a group setting or on an individual basis. The goal of the program is to teach limited income seniors about nutrition and food preparation to improve their health and quality of life.

☑ Eligibility Requirements:

All limited income seniors and agency personnel providing Senior service are eligible to participate in SNAP programs. Seniors living outside the SNAP service area may also use the toll free number to receive free nutrition education materials and information.

☎ For More Information Contact:

Monica Belyea, MPH, RD; Diane Schuler; Rose Narita
Senior Nutrition Awareness Program
University of Connecticut Cooperative Extension Center
562 New London Turnpike
Norwich, CT 06360
Phone: (860) 887-1608 or
Toll-free: (800) 595-0929
Fax: (860) 886-1164
e-mail: monica.belyea@uconn.edu