

Section VII

Food and Nutrition

Elderly Nutrition Program

Description:

The Elderly Nutrition Program serves nutritionally balanced meals and provides nutrition education to individuals age 60 and older and their spouses. Nourishing meals are served once a day for five or more days per week at approximately 200 senior community cafés statewide. These cafés are located in senior centers, elderly housing communities, schools, churches and other community settings, where elderly persons gather to participate in activities and learn about other programs and services.

Meals are also delivered to homebound or otherwise isolated older persons. Evening and weekend meals may be available. Nutrition education is provided in groups at senior community cafés and through newsletters and visits to homebound older persons. Congregate and home delivered meals are available for a suggested donation, although, no one unable to make a donation is denied a meal. The Elderly Nutrition Program is supported by federal, state, and local funds as well as client contributions.

Eligibility Requirements, Service Areas and Program Year:

Eligibility Requirements:

Congregate Meals:

- Must be age 60 or older or the accompanying spouse of an eligible participant, regardless of age.
- Younger persons with disabilities who live in senior housing communities where congregate meals are served are eligible.
- Persons providing volunteer services during meal hours are eligible.

Home-Delivered Meals:

- Must be age 60 or older and homebound or the spouse of an eligible participant.
- A non-elderly person with a disability who is a member of a household in which a Title III elderly home delivered meals recipient resides is eligible.
- Other assessment criteria may apply.

Service Areas:

Statewide

Program Year:

October 1 – September 30

Contact Information:

The following elderly nutrition projects should be contacted for information regarding meal programs and the locations of senior community cafes.

Eastern Connecticut:

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

Community Renewal Team
44 Hamlin Street
Middletown, CT 06457
Telephone: 860-347-4465
Fax: 860-346-6813

Estuary Council of Seniors, Inc.
220 Main Street
Old Saybrook, CT 06475
Telephone: 860-388-1611
Toll-Free: 800-560-5015
Fax: 860-388-6770

North Central Connecticut:

Community Renewal Team of
Greater Hartford
555 Windsor Street
Hartford, CT 06120
Telephone: 860-560-5828
Fax: 860-527-5829
Website: www.crtct.org

Town of Enfield (weekends only)
820 Enfield Street
Enfield, CT 06082
Telephone: 860-253-6394
Fax: 860-253-6399

Manna Senior Community Café
(weekends only)
Center City Churches
60 Gold Street
Hartford, CT 06103
Telephone: 860-247-4080

CW Resources, Inc.
200 Mrytle Street
New Britain, CT 06053
Telephone: 860-229-7700 Ext. 228
Fax: 860-229-6847

South Central Connecticut:

FSW, Inc. CT
233 Blatchley Avenue
New Haven, CT 06513
Telephone: 203-752-9919
Fax: 203-752-9691

TEAM Inc.
Project Manna
30 Elizabeth Street
Derby, CT 06418
Telephone: 203-736-5420
Fax: 203-736-5425

Southwestern Connecticut:

CW Resources, Inc.
(congregate meals only)
215 Warren Street
Bridgeport, CT 06604
Telephone: 203-332-3264

FSW, Inc. CT
(home delivered meals only)
475 Clinton Avenue
Bridgeport, CT 06605
Telephone: 203-368-5582
Fax: 203-332-7631

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

Western Connecticut:

New Opportunities, Inc.
232 North Elm Street
Waterbury, CT 06702
Telephone: 203-757-7738
Fax: 203-575-4277
Danbury Telephone: 203-743-5418
Danbury Fax: 203-743-5425

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

Related Information

[Supplemental Nutrition Assistance Program \(SNAP\), refer to page VII – 6](#)

Expanded Food and Nutrition Education Program (EFNEP)

Description:

The Expanded Food and Nutrition Education Program is a free program offered by the University of Connecticut Cooperative Extension System that provides food and nutrition information to low-income individuals, families and children. The program is funded by the U.S. Department of Agriculture in cooperation with the University of Connecticut, College of Agriculture and Natural Resources. It is designed to improve the nutrition and health of individuals and families with limited resources. A small percentage can be elderly individuals. EFNEP works in many settings including schools, shelters and neighborhood centers.

Individuals are enrolled to participate in at least four to six nutrition education experiences either in group settings or in their homes. They learn how to choose nutritious foods as well as prepare, handle and store foods safely.

Eligibility Requirements, Service Areas and Program Year:

Eligibility Requirements:

- The target population includes those who are at or below 175 percent of the federal poverty guidelines (refer to [Appendix F](#)) and who are individuals or homemakers who have responsibility for planning and preparing the family's food.
- Emphasis is on households with younger children, including grandparents who care for their grandchildren.

Service Areas:

Hartford County:

Avon

Berlin

Bloomfield

Bristol

Burlington

Canton

East Granby

East Hartford

East Windsor

Enfield

Farmington

Glastonbury

Granby

Hartford

Hartland

Manchester

Marlborough

New Britain

Newington

Plainville

Rocky Hill

Simsbury

South Windsor

Southington

Suffield

West Hartford

Wethersfield

Windsor

Windsor Locks

New Haven County:

Ansonia	Madison	Oxford
Beacon Falls	Meriden	Prospect
Bethany	Middlebury	Seymour
Branford	Milford	Southbury
Cheshire	Naugatuck	Wallingford
Derby	New Haven	Waterbury
East Haven	North Branford	West Haven
Guilford	North Haven	Wolcott
Hamden	Orange	Woodbridge

Windham County:

Ashford	Hampton	Scotland
Brooklyn	Killingly	Sterling
Canterbury	Plainfield	Thompson
Chaplin	Pomfret	Windham
Eastford	Putnam	Woodstock

Program Year:

October 1 – September 30

Contact Information:

State EFNEP Office
Department of Nutritional Services
University of Connecticut Main Campus
Telephone: 860-486-1783
Website: www.caq.uconn.edu/NUTSCI/NUTSCI/otrch/EFNEP.html

Hartford Area EFNEP
Hartford County
Extension Center
Telephone: 860-570-9061

Northeast EFNEP
Windham County
Extension Center
Telephone: 860-774-9600

New Haven Area EFNEP
New Haven County
Extension Center
Telephone: 203-407-3169

Related Information:

[University of Connecticut Senior Nutrition Awareness Project \(SNAP\), refer to page VII – 8](#)

Supplemental Nutrition Assistance Program (SNAP)

formerly known as the Food Stamp Program

Description:

The Supplemental Nutrition Assistance Program (SNAP) provides monthly benefits that help low-income households purchase nutritious food needed to promote good health. Under agreement with the U.S. Department of Agriculture, the Connecticut Department of Social Services operates the program through its local offices. Benefits are provided through the use of electronic benefits cards, which are used to purchase food in grocery stores.

The amount of SNAP benefits a household receives depends upon their income and expenses, such as rent or mortgage, utilities, dependent care, and child support payments. A portion of certain expenses such as dependent care and shelter is deducted from the gross income of all households. If the household owns a home they are also allowed additional deductions for property taxes and insurance. In addition, adults over the age of 60 or persons with a disability are allowed a deduction for certain out-of-pocket medical expenses.

People who wish to apply can obtain an application from the local Department of Social Services or from the DSS website. People may complete the application by mail. If necessary, they may also give someone they trust and who knows their situation permission to complete the application process for them.

Eligibility Requirements, Service Areas and Program Year:

Eligibility Requirements:

Eligibility requirements stated in this section are specifically for older adults and persons with disabilities.

Income:

- Many households can qualify if their monthly gross income is less than:
 - \$1,671 for a single person household
 - \$2,248 for a couple.
- Households whose gross monthly income is more than 185% of the Federal Poverty Level may also qualify if their monthly net income (including allowed deductions) does not exceed:
 - \$867 for a single person household (\$903 as of Oct 1, 2009)
 - \$1,167 for a couple.(\$1,215 as of Oct 1 2009)

Assets:

- There is no asset limit for households with monthly gross income less than \$1,671 for a single person or \$2,248 for a couple.
- For households with monthly gross income above these amounts, assets cannot exceed \$3,000 when the household has at least one elderly member or member with a disability. Assets include cash, checking and savings accounts, stocks, bonds, CDs and certain property. *Assets do not include a person's home, certain retirement accounts or any motor vehicles.* In addition, household goods such as personal items and life insurance policies are not counted.
- Individuals must provide a social security number for every household member who is applying for SNAP benefits. If a member does not have one, he or she must apply for one. Eligible persons may receive benefits for a limited time while they wait for a social security number.
- Household members who are not U.S. citizens must provide proof of their status from the Immigration and Naturalization Service. Members whose citizenship is in question cannot qualify for SNAP benefits 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 SNAP benefits. Those who do not meet the citizenship requirements but who would otherwise qualify for federal SNAP benefits may receive state funded SNAP benefits. To receive state funded SNAP benefits persons must have been living in Connecticut for at least six months.

Service Areas:

Statewide

Program Year:

October 1 – September 30

Contact Information:

Contact the appropriate local DSS Regional Office listed in [Appendix H](#) of this manual.

To download an application for Food Stamps go to the DSS website:

<http://www.ct.gov/dss> and click on “Forms.”

To find out if a person might be eligible for Food Stamps go to www.ctfoodstamps.org

Related Information:

Elderly Nutrition Program, refer to page VII – 1.

Expanded Food and Nutrition Education Program (EFNEP), refer to page VII – 4.

University of Connecticut Senior Nutrition Awareness Project (SNAP)

Description:

The Senior Nutrition Awareness Project (SNAP) is part of the University of Connecticut's Supplemental Nutrition Assistance-Education Program. The program is a nutrition education resource program for older adults with limited incomes in Southeastern Connecticut. Its goal is to improve the health and quality of life for older adults who participate in or are eligible for the program by helping them learn more about nutrition, shopping and food preparation. Funded by the U.S. Department of Agriculture, Food and Nutrition Service, SNAP offers free educational services on a variety of chosen topics in group settings and by other delivery methods such as fact sheets, DVDs and food demonstrations.

Topics include:

- Eating for Healthy Aging
- Stretch Your Food Dollar
- High Blood Pressure
- Fat: Friend or Foe?
- High Blood Cholesterol and Triglycerides
- Label Reading
- Keep Your Food Safe
- Calcium

SNAP offers a quarterly newsletter with recipes and a monthly nutritional fact sheet. SNAP is collaborating with the Connecticut Department of Social Services, Aging Services Division to provide community agencies serving older adults who live outside of Southeastern Connecticut with free educational materials and information on nutrition.

Eligibility Requirements, Service Areas and Program Year:

Eligibility Requirements:

- Must be age 60 or older.
- Must participate in or be eligible to participate in the [USDA Supplemental Nutrition Assistance Program](#) (formerly known as the Food Stamp Program), see page VII – 6 of this manual.

Service Areas:

New London County:

Bozrah

Colchester

East Lyme

Franklin
Griswold
Groton
Lebanon
Ledyard
Lisbon

Lyme
Montville
New London
North Stonington
Norwich
Old Lyme

Preston
Salem
Sprague
Stonington
Voluntown
Waterford

Program Year:

October 1 – September 30

Contact Information:

Susan J. Beeman

Diane Schuler

Senior Nutrition Awareness Project

University of Connecticut

562 New London Turnpike

Norwich, CT 06360

Telephone: 860-823-6249 or 860-885-2828

Toll Free: 888-226-9944

Fax: 860-886-1164

Email: diane.schuler@uconn.edu or susan.beeman@uconn.edu

Website: <http://www.nal.usda.gov/foodstamp>

Related Information:

[*Expanded Food and Nutrition Education Program \(EFNEP\), refer to page VII – 4*](#)