

## Nutrition Resources for Staying Healthy

Accessing affordable, healthy food is a challenge for many older adults and people with disabilities. If you're having difficulty getting or preparing food for any reason, there are resources to help.

### Where can I find food?

- Find out how to access free, healthy food in your community with the resources below: **2-1-1 Texas** operates a free, anonymous information and referral services hotline available all day every day that connects Texans with state and local health and human services programs, such as home-delivered meals and food pantries. For more information, visit [2-1-1Texas.org](https://211texas.org).
- **Home Delivered Meals** is a program where older adults and people with disabilities can apply for fresh and frozen meals, planned by a registered dietitian delivered to their door. An Area Agency on Aging can help you determine your eligibility and apply. For more information, visit [hhs.texas.gov/contact/aaa.cfm](https://hhs.texas.gov/contact/aaa.cfm).
- **YourTexasBenefits.com** helps eligible people of all ages apply for food at no-cost through the Supplemental Nutrition Assistance Program (SNAP) benefits. SNAP benefits can be used when [ordering groceries online](#). Call 211 or visit [YourTexasBenefits.com](https://YourTexasBenefits.com) to check eligibility.
- **Feeding America** can help you learn about and find your nearest food bank. For more information, visit [feedingamerica.org](https://feedingamerica.org).

### Other ways to find help

Find out what help is offered in your area with the resources below:

- **Area Agencies on Aging (AAA)** are located across Texas to help adults age 60 and older and their caregivers connect to in-home care, home-delivered meals, benefits counseling and more. For more information, visit [hhs.texas.gov/contact/aaa.cfm](https://hhs.texas.gov/contact/aaa.cfm).
- **Aging and Disability Resource Centers (ADRC)** are part of the No Wrong Door system to streamline access to long-term services and support for the whole family. Call 855-YES-ADRC to connect to your local ADRC for information and one-on-one counseling on the full range of long-term services and supports available. For more information, visit [hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center/find-adrc](https://hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center/find-adrc).
- **Local intellectual and developmental disabilities authorities** can assist with eligibility determination, benefits screening, service coordination and more. For more information, visit [hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care](https://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care).
- **The Eldercare Locator** can connect you with a variety of services, including transportation and benefits. For more information, call 800-677-1116 (weekdays, 9 a.m.–8 p.m. EST) or visit [Eldercare.acl.gov](https://Eldercare.acl.gov).

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- **BenefitsCheckUp.org** provides confidential screening that can help you find benefits covering a variety of needs. Receiving support for other basic needs can free up space in a budget for food. For more information, visit [BenefitsCheckUp.org](https://www.benefitscheckup.org).

### More nutrition resources

For information on how to start and maintain a healthy diet, visit the following nutrition resources:

- **Texercise** provides comprehensive nutrition information for healthy aging. Use the Texercise Fit for the Health of It! videos on the Get Texercise webpage to stay active. For more information, visit [Texercise.com](https://www.texercise.com).
- **The National Institute on Aging** highlights easy shifts to healthy eating patterns for healthy aging. For more information, visit [nia.nih.gov/healthy-eating](https://nia.nih.gov/healthy-eating).
- **The National Council on Aging** provides tips for making healthy food choices. For more information, visit [ncoa.org/article/eating-well-after-50-5-ways-to-make-healthy-food-choices](https://www.ncoa.org/article/eating-well-after-50-5-ways-to-make-healthy-food-choices).
- **Texas A&M AgriLife Extension** provides healthy cooking tips and videos for cooking healthy, low-cost recipes. For more information, visit [dinnertonight.tamu.edu](https://dinnertonight.tamu.edu).
- **Foodsafety.gov** has information on keeping food safe and preventing food poisoning. For more information, visit [foodsafety.gov](https://www.foodsafety.gov).
- **MyPlate.gov** has helpful information about food planning. For more information, visit [myplate.gov](https://www.myplate.gov).