

**2009 Senior Nutrition Task Force**  
**October 23, 2009 Meeting**  
**Proposed Promising Service Delivery Model Options**

DRAFT 10.12.09

**1. Extending the Reach of the Senior Nutrition Program**

- Arrowhead Economic Opportunity Agency (AEOA) delivers bundles of groceries, frozen meals, prescription drugs and other items to older adults who are living in increasingly rural and isolated areas. These individuals may not otherwise receive nutrition services due to the high cost of making a daily delivery. This program has served a very low income population to date, a significant number of whom are on Alternative Care or Elderly Waiver.
- Presbyterian Homes in the Twin Cities area offers home delivered meal participants a choice of meals from a menu of options. They also offer home delivered meal participants a choice of how frequently their meals are delivered: hot daily, frozen once a week or frozen every two weeks.

**2. Linking other Nutrition Resources with the Senior Nutrition Program**

- Minnesota River Area Agency on Aging increased access to Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps) and food shelves to older adults in the southwestern region of the state. This effort included public education about nutrition risk and available resources, developing referral protocols with the nutrition resources, incorporating the SNAP screening tool into aging service providers' intake/assessment process, informing congregate dining participants about options and expanding the delivery routes of Second Harvest Heartland.
- MAAA is working with food shelves and food banks to do outreach promoting congregate dining sites so that the individuals they serve can have more of their nutrition needs met.

**3. Giving Consumers the Power to Choose – expanding vouchers in urban areas**

- One model for vouchers that is implemented by Lutheran Social Services and other providers is what is commonly known as the Diners Club. However, this typically only provides one option to older adults and oftentimes in a small rural community where there may be only one restaurant. How could this model work for low income older adults in mid to large size cities? Could multiple dining options be made available where participants could use their vouchers?

**4. Integrating Nutrition into Chronic Care Management**

- During 2008-2009, CMCOA has been exploring the role of the home-delivered meal assessment in identifying the nutrition needs of high risk older adults (and family caregivers) as well as their other needs for support. Often these individuals are just beginning to access services such as chore, homemaker and transportation. This could be the strategic time to “catch” them and offer chronic care management supports and resources, as well as caregiver support, in order to better stabilize their health and living situation.

## **5. Fresh Foods for Feasting**

- The SE MN Area Agency on Aging received a USDA Nutrition Education grant from U of MN Extension to implement a new program called Fresh Foods for Feasting. They partnered with Three Rivers CAP to implement the program. The program is open to seniors who are interested in learning how to purchase and use foods from the local Farmer's Market on a budget. A Registered Dietician accompanies the group on trips to the Farmer's Market to guide their purchases and assist them with journaling their purchases, expenses and experiences along the way. The group also attends classes on how to use the fresh produce in a variety of ways. Class topics include storing, preserving, preparing, cooking and serving meals for 1 or 2 using the fresh produce purchased at the Farmer's Market. This program has been implemented once to date with 16 participants. All participants, except for one, had incomes at or below 200% federal poverty level.

## **6. Swipe Cards at Meal Sites and More**

- King County, Washington uses a bar code card for participant registration at their congregate meal sites. Card holders also receive discounts from local businesses. In Kansas, two congregate sites are piloting the use of a bar code card for participant donations so that participants are using their "credit card" just as other customers do at restaurant sites. The State of Ohio sends every resident age 60+ a Golden Buckeye Card that gives them access to discounts from over 20,000 businesses.