

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.
- **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 to check eligibility.
- **Feeding America** can help you learn about and find your nearest food bank. For more information, visit 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.
- **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.
- **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.
- **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.

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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.
- **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.
- **Texas A&M AgriLife Extension** provides healthy cooking tips and videos for cooking healthy, low-cost recipes. For more information, visit dinnertonight.tamu.edu.
- **Foodsafety.gov** has information on keeping food safe and preventing food poisoning. For more information, visit foodsafety.gov.
- **MyPlate.gov** has helpful information about food planning. For more information, visit myplate.gov.