

# SENIOR NUTRITION PROGRAM



*The senior nutrition programs aim to reduce hunger, food insecurity, and malnutrition of older Mississippians. The programs strive to promote socialization, nutrition, and the overall health and well-being of older individuals.*

## CONGREGATE MEALS

Congregate meals are served in community settings such as senior centers, churches, or senior housing communities. Meal sites offer an opportunity to meet friends and engage in social activities while having a nutritious meal.

## HOME-DELIVERED MEALS

Home-delivered meals are meals provided to eligible homebound persons in their home. To determine eligibility for the home-delivered meal program, you must be evaluated by trained personnel and documented on a current Consumer Information Form (CIF). Through the evaluation, you must meet the Older Americans Act (OAA) definition for homebound be 60 years of age or older, or be the legal spouse of an eligible person.

## FOOD PANTRIES

The three food banks below help to provide food to over 500 non-profit organizations, including food pantries, in communities across Mississippi:

- **North MS** - Mid-South Food Bank <https://www.midsouthfoodbank.org>
- **Central MS** - Mississippi Food Network <https://www.msfoodnet.org>
- **South MS** - Catholic Charities of South Mississippi Food Bank <https://catholiccharitiesofsouthms.org/about-us>

*\*Food pantry services are available to all eligible Mississippians regardless of age.*



For a list of food pantries serving your local area,

**SCAN HERE**

## **ESAP** *Elderly Simplified Application Project for Supplemental Nutrition Assistance Program (SNAP)*

Low-income seniors need to know about the Elderly Simplified Application Project (ESAP). This project is designed to make it easier for seniors to apply for and receive SNAP benefits.

### **THE VERIFICATION PROCESS IS SIMPLE**

Eligibility workers use data matching to verify an applicants information from other government data systems.

### **WHO QUALIFIES FOR ESAP?**

In order to qualify for the simplified application, everyone in the household will need to be at least 60 years old and have no earned income.

To apply for SNAP, visit  
[www.mdhs.ms.gov/economic-assistance/snap](http://www.mdhs.ms.gov/economic-assistance/snap)  
or contact your local county office.

For a list of Area  
Agencies on Aging,

**SCAN HERE**

