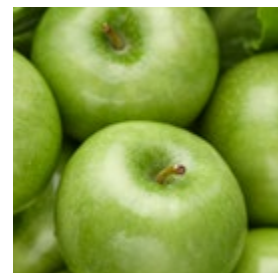




Healthy food, healthier outcomes for veterans



Local help and resources are available

For many people, food insecurity can lead to an unhealthy diet. There are resources in your community—including some specific to veterans—that can help.

Do you find yourself making these trade-offs?

- Eating low-cost, filling foods that are less nutritious
- Choosing a small variety of foods
- Skipping meals to afford prescriptions or medical care
- Skipping meals so others in the household have enough to eat

Food insecurity and your health

Having regular access to healthy food is important to maintaining your health and can help prevent health problems from developing. For veterans, this may mean spending less money on healthcare, missing fewer days from work, improving health, and staying active.



Of the households Feeding America serves, **1 in 5** has at least one member who has served in the military.¹

Higher rates of food insecurity have been reported among veterans who served in Iraq and Afghanistan (**27%**), female veterans (**28%**), homeless and formerly homeless veterans (**49%**), and veterans with serious mental illness (**35%**).²

27%

28%

49%

35%



1.3 million veterans live in a household relying on the Supplemental Nutrition Assistance Program (SNAP) to supplement their food intake.³

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Your health and well-being

Having regular access to healthy foods can help decrease your risk of some common and costly health problems, such as:⁴

Seniors

- Asthma
- Congestive heart failure
- Depression
- Osteoporosis
- Hypertension
- Limitations in activities
- Diabetes

Adults

- Arthritis
- Chronic kidney disease
- Depression
- Insufficient sleep
- Diabetes
- Hypertension
- Chronic obstructive pulmonary disease (COPD)





Healthy food is important for good health



Good news. There are numerous options for resources and support that may be available to you.



Federally assisted programs

- **Supplemental Nutrition Assistance Program (SNAP)**

Provides money to eligible households to purchase food at participating grocery stores, farmers markets and other retailers. In 2021, the average SNAP monthly benefit was \$216.⁵
www.fns.usda.gov/snap

- **Veterans Service Organizations**

Offer a range of services, including assistance with benefit claims and emergency food assistance.
www.va.gov/vso

- **Seniors Farmers Market Nutrition Program**

Offers vouchers for low-income seniors for farmers markets, farm stands, and community-supported agriculture programs.
www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program

- **Commodity Supplemental Food Program**

Serves eligible, low-income seniors with a monthly food package.
www.fns.usda.gov/csfp/commodity-supplemental-food-program

- **Women, Infants and Children (WIC) Program**

Provides money for supplemental foods for eligible pregnant, postpartum and breastfeeding women, as well as children under the age of 5.
www.fns.usda.gov/wic



Resources for eating healthy on a budget

- **USDA ChooseMyPlate: Healthy Eating on a Budget**

Tips and information for meal and grocery planning.
www.myplate.gov

- **Academy of Nutrition and Dietetics: Eat Right**

Facts on nutrition, planning and prepping meals, vitamins and supplements, resources and more.
www.eatright.org/food

- **FoodSafety.gov: 4 Steps to Food Safety**

Guidance on the four simple steps to help keep your family safe from food poisoning at home.
www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety

- **Support from your health plan**

Some health plans may include food assistance and meal delivery. Call the number on the back of your medical insurance ID card to see what benefits may be available to you.



Healthy food is important for good health



Food pantries, home-delivered meals and additional food programs

- **Feeding America Affiliate Food Bank**

Offers local resources for feeding programs in your community. Resources and requirements vary by food bank.

www.feedingamerica.org/find-your-local-foodbank

- **Meals on Wheels®**

Arranges free or low-cost home-delivered meals for seniors. Focuses on caring for individuals whose diminished mobility makes it difficult to shop for food, prepare meals or socialize.

www.mealsonwheelsamerica.org

- **USDA National Hunger Hotline**

Provides food resources such as meal sites, food banks, and other social services available.

Call 866-3-HUNGRY (866-348-6479) or 877-842-6273 (for Spanish), Monday – Friday, 7 a.m. – 10 p.m., Eastern time. Text 914-342-7744

- **211 Helpline Center**

Provides community information and referrals to social services. Calls are free and confidential.

Dial 211, 24 hours a day, 7 days a week

www.helplinecenter.org

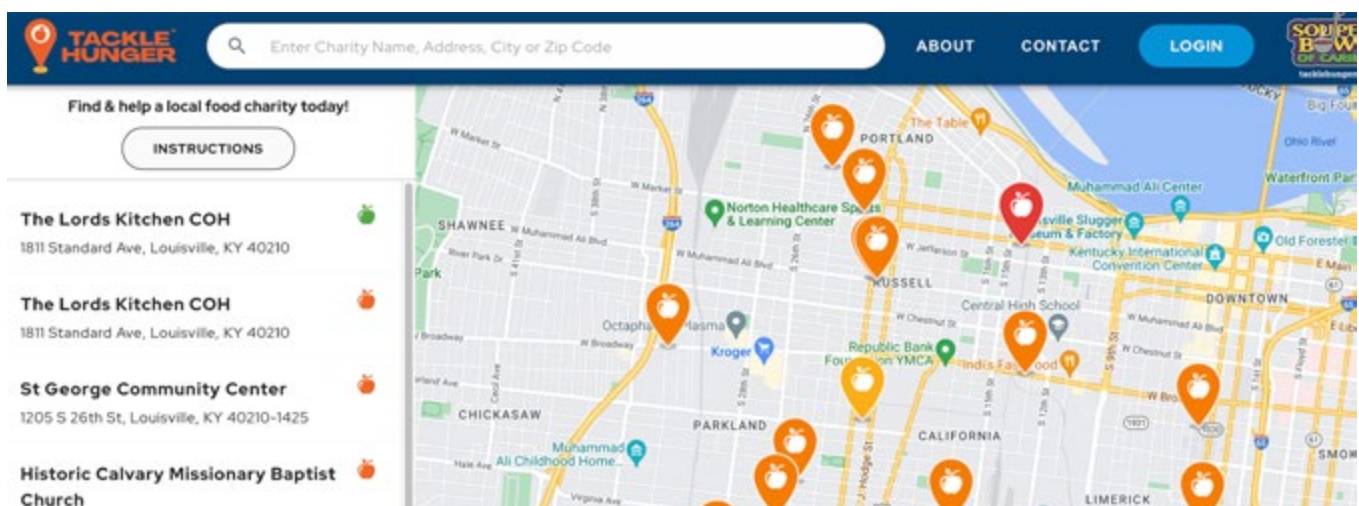
- **Humana Community Navigator®**

Search within your community to connect to food resources, utility services, transportation programs, housing support and more. humana.findhelp.com.

- **Tackle Hunger Map**

Connects you to local food charities in real time for food assistance, to make food donations, or to volunteer your time.

<https://map.tacklehunger.org/>





Additional support services for veterans

- **Veterans Crisis Line**

24/7 confidential crisis support for veterans and their loved ones. **If you need help, call the Suicide & Crisis Hotline at 988 then Press 1 or text 838255, www.veteranscrisisline.net**

- **Veterans Service Organizations**

Connect with veterans, and Veterans Service Officers through Veteran Service Organizations (VSOs):

Veterans of Foreign Wars (VFW) www.vfw.org,

Disabled American Veterans (DAV) www.dav.org,

American Legion www.legion.org,

Team Red, White & Blue www.teamrwb.org,

Wounded Warrior Project (WWP) www.woundedwarriorproject.org

National Association of County Veterans Service Officers (NACVSO) <https://www.nacvso.org>

Additional Veterans Services Organizations www.va.gov/vso

- **Lifeline for Vets**

Helps veterans of all eras and their family members with needs, including medical treatment, PTSD counseling, VA benefits advocacy, food, shelter, employment, training, legal aid, suicide intervention and more. For vet-to-vet assistance **call 888-777-4443, 24 hours a day, 7 days a week.**

<https://nvf.org/lifeline-for-vets>

- **VA Food Pantries**

In addition to screening veterans for food security, VA has established food pantries on many VA campuses through a formal partnership between VA and Feeding America. https://www.va.gov/HEALTHEQUITY/docs/Addressing_Diet_Quality_and_Food_Needs_of_Veterans_FINAL.pdf

- **VA Stand Downs**

Events during which VA staff and volunteers provide food, clothing and health screenings to homeless and at-risk veterans. Veterans also receive referrals for healthcare, housing solutions, employment, substance use treatment, mental health counseling and other essential services. To participate in an upcoming Stand Down, visit <https://www.va.gov/homeless/events.asp>

- **Vets4Warriors**

Peer Support Specialists are available, 24/7 year-round to connect with those who may need help and offer resources. Call, email, request a call, or chat.

Call 855-838-8255 (TTY: 711), 24 hours a day, 7 days a week.

www.vets4warriors.com

Sources

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2. Federal Practitioner, "Food Insecurity Among Veterans: Resources to Screen and Intervene," January 2020, last accessed January 9, 2024, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7010340/>.
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4. Food Research & Action Center, Hunger & Health, December 2017, last accessed January 9, 2024, <https://frac.org/wp-content/uploads/hunger-health-impact-poverty-food-insecurity-health-well-being.pdf>.
5. U.S. Department of Agriculture, Program Information Report (Keydata), 2021, last accessed January 9, 2024, <https://fns-prod.azureedge.net/sites/default/files/data-files/keydata-september-2021.pdf>.

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Auxiliary aids and services, free of charge, are available to you.

877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

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Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。