

Golden Harvest Volume 16, Issue 2

CACFP Nutrition and Program Updates for Colorado's Adult Day Care Centers

USDA's Supplemental Nutrition Assistance Program (SNAP)

Nutrition Safety Net for the Elderly and Disabled

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During the recent economic downturn, you may be aware of financial struggles facing some families and individuals who are utilizing adult day care services. As an adult day care center participating in the CACFP, you can rest assured that the participants are receiving nutritious meals and snacks while in care at the center. However, in tough economic times, risk is even greater that meals consumed by older or impaired adults during the evening or on weekends might be suboptimal due to financial constraints.

The United States Department of Agriculture (USDA) is committed to ensuring that all eligible households and individuals have access to the Supplemental Nutrition Assistance Program (SNAP), previously known as the Food Stamp Program. SNAP provides nutrition assistance to millions of Americans nationwide - working families, eligible non-citizens, and elderly and disabled individuals. Unfortunately, too many eligible families and individuals have overlooked or not used SNAP. Many low-income families don't earn enough money and many elderly and disabled individuals don't receive enough in retirement or disability benefits to meet all of their expenses **and** purchase healthy and nutritious meals. Thus, SNAP

serves a vital role in helping these families and individuals achieve and maintain self-sufficiency and purchase nutritious foods for a healthy diet.

There are several reasons many needy elderly and disabled individuals do not participate in SNAP: lack of information, perceived lack of need, anticipated low benefits from SNAP, complex and confusing application procedures, and psychological reasons such as the stigma related to applying and using food assistance. Many of these perceptions are inaccurate. Studies on food insecurity show that many elderly are not food secure and that the risk of food insecurity is higher for those who live alone.

In Colorado, SNAP is known as the Food Assistance Program. Benefits are distributed through county government offices. Adult day care participants and families can contact the human services department for the county in which they live for more information about the Food Assistance Program in Colorado.

Included in this newsletter is a reproducible handout, which explores the myths and facts regarding SNAP benefits and the elderly. Make copies of this handout and distribute to participants and their families.



10 Myths and Facts about Supplemental Nutrition Assistance Program (SNAP) Benefits and the Elderly

1 MYTH: SNAP benefits are welfare.

FACT: SNAP is a nutrition assistance program. It helps low income people buy nutritious foods. It is not welfare.

2 MYTH: Elderly people only receive \$10 a month in SNAP benefits.

FACT: Ten dollars is the smallest amount of nutrition assistance you can receive. The average amount of benefits for the elderly is much higher.

3 MYTH: Elderly people cannot own or be buying a home. If they own or are buying a home, the government will take it.

FACT: Individuals can own or buy a home and still get SNAP benefits. The home and its lot are not counted as a resource in SNAP. The Program does not require a person to sign away their home.

4 MYTH: Elderly people must go to the county food assistance office for an interview.

FACT: If an elderly person is not able to go to the food assistance office, he or she may request a telephone interview. The person may also ask a relative, pastor, neighbor, etc., to attend the interview as an authorized representative. Applicants for and recipients of SSI may also apply for food stamp benefits at the Social Security office.

5 MYTH: You have to go to the county food assistance office every few months to keep getting benefits.

FACT: Elderly people can get benefits for up to two years at a time. You don't have to go back to the office unless there are specific changes to your case. You can also ask for a telephone interview. Or a friend or family member can go for you.

6 MYTH: Elderly people are only allowed \$2000 in resources.

FACT: The resources limit for elderly households or households containing one elderly person is up to \$3,000.

7 MYTH: Elderly people do not receive credit for medical and prescription drug bills.

FACT: Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them. Only the amount over \$35 can be deducted.

8 MYTH: SNAP is only for families with children.

FACT: SNAP benefits are for eligible individuals and families, including the elderly.

9 MYTH: Other people need SNAP more than elderly individuals. If an elderly person is certified for benefits, he or she will be taking them away from others who have more of a need.

FACT: SNAP is an entitlement program. In other words, everyone who applies and who is determined to be eligible will get benefits.

10 MYTH: Elderly households who receive SNAP benefits will not be able to receive meals-on-wheels.

FACT: Households can receive SNAP benefits and still get meals-on-wheels. You can use your SNAP benefits to purchase food at the store. This means you will have extra food in addition to your meals on wheels.



U.S. Department of Agriculture
Food and Nutrition Service

Supplemental Nutrition Assistance Program
For more information, call 1-800-221-5689
or go online to www.fns.usda.gov/fsp/

USDA is an equal opportunity provider and employer.



2009 CACFP Center Training Dates

New Date! New Location!

September 23, 2009

CDPHE Lab Services,
LARS Training Room
8100 Lowry
Denver, CO 80246

New Date!!

October 14, 2009 Pueblo

Wingate Hotel
4711 N Elizabeth St
Pueblo, CO 81008

New Date! New Location!

November 13, 2009

CDPHE Lab Services
LARS Training Room
8100 Lowry
LARS Training Room
Denver, CO 80246

New Location!!

December 4, 2009

CDPHE Lab Services
LARS Training Room
8100 Lowry
Denver, CO 80246

January 14, 2010

CDPHE Lab Services
LARS Training Room
Denver, CO 80246

New Income Guidelines, IEFs, Reimbursement Rates

The new 2009-2010 Household Eligibility Guidelines, Income Eligibility Form (IEF), IEF Letter, and Rates of Reimbursement have been mailed to all participating Institutions. If you did not receive this mailing or have misplaced the forms, access them on the CACFP website at:

<http://www.cdphe.state.co.us/ps/cacfp/materialsandforms.html>

These forms and rates are effective July 1, 2009 through June 30, 2010. The center must use the current Household Income Guidelines to determine participants' eligibility for Free, Reduced, or Paid meals on

the IEFs. Since the income ceilings for the Free and Reduced categories usually increase each year, obtaining new IEFs and using the newest guidelines will allow the center to claim the maximum number of meals in each of these categories.

Be sure to toss your old master forms and file these new master forms.

Remember! Keep all IEFs and other CACFP records for the current fiscal year and an additional 3 1/3 years! Do not use the chart on the back of the new IEF Letter to determine the eligibility of participants! This is not a complete chart.

Renewal Reminder

The CDPHE- CACFP office has mailed the CACFP Renewal Instructions Packet to all participating Institutions. To continue participation in the CACFP during Fiscal year 2010 (Oct. 1, 2009 through Sept. 30, 2010), please remember to complete the online application and return any supporting documents to the CDPHE-CACFP office by September 15, 2009.

If you have not received your manila packet or have questions, please call (303) 692-2330.

The CDPHE-CACFP Welcomes Brehan Riley, Nutrition Specialist!!

The Colorado CACFP staff welcomes Brehan Riley to the CACFP team! Bre recently began working in the CACFP office as a Nutrition Specialist. Bre will be completing CACFP reviews throughout Colorado and providing technical assistance to ensure success in the CACFP. Bre brings a wealth of knowledge and experience in both food service and nutrition. Prior to joining the CACFP, Bre completed a dietetic internship to become a registered dietitian, as well as a Master's degree in Nutrition. She has also worked in various food service settings. In her spare time, Bre enjoys horseback riding, hiking, mountain biking, and snowboarding. Bre is very excited about working for CACFP and looks forward to meeting everyone participating in the program. Please join us in welcoming Bre!





Colorado Department of Public Health and Environment

Child and Adult Care Food Program

PSD-CAC-6411
4300 Cherry Creek Drive South
Denver, CO 80246

Phone: 303-692-2330
Fax: 303-756-9926

We're On The Web:

<http://www.cdphe.state.co.us/ps/cacfp/>

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Your comments and questions are encouraged.

Tracy Miller, MSPH, RD, *Editor*
Corina Landeros, *Desktop Publishing Editor*

Civil Rights Training Requirements

All participating Institutions must ensure that frontline staff and managers of frontline staff be trained annually on civil rights requirements. Frontline staff are those persons who interact with participants and families of participants in care. Topics selected for civil rights training should be applicable to the duties and skill level of the staff members. These topics include:

- Annual collection and use of civil rights data (reported race and ethnicity)
- The Institution's method of informing participants of CACFP availability, rights and responsibilities, nondiscrimination policy, and the procedure for filing a complaint
- Procedure for filing a complaint for discrimination
- Required reasonable accommodations of persons with disabilities
- The Institution's methods of providing language assistance when needed
- Conflict resolution
- Customer service

When completing annual CACFP training requirements for staff members, be sure to include civil rights training for applicable staff members. Document all training conducted for staff members and maintain those records for review purposes.

Please contact the CDPHE-CACFP office at (303) 692-2330 with any questions related to civil rights requirements.

The Importance of Snacks for Older Adults

A recent study in the *Journal of the American Dietetic Association* found snacking is an "important dietary behavior" that can help older adults ensure they consume enough calories in their diets. The researchers found more than eight out of 10 adults, age 65 and over, eat snacks daily, accounting for about 25 percent of their daily calories and a significant percentage of important nutrients. Older people have unique food and nutrition challenges that include consuming enough daily calories. In fact, calorie consumption has been found to decrease as people get older – by as much as 1,200 calories per day for men and 800 calories per day for women. Reasons for eating less include physical decline and illness, limited financial resources, and social factors such as living alone.

Looking for a different snack idea? This snack is stacked with nutrients.

A Stacked Snack:

Eggplant, tomato, and mozzarella cheese, sliced, stacked, and baked

If at least ½ cup combined of tomato and eggplant and at least 1 oz of mozzarella cheese are provided, this snack meets the CACFP Adult Meal Pattern for snack.

