



# Nutrition Programs for Older Adults

AREA AGENCY ON  
**Aging & Disabilities**  
OF SOUTHWEST WASHINGTON

# Food Insecurity in Older Adults

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- Food Insecurity (USDA): A household-level economic and social condition of limited or uncertain access to adequate food.
- As of 2017, 7.3% of older adults in the Portland Metro area have food insecurity.

# Senior Nutrition Programs

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All Senior Nutrition Programs in Clark County are operated through **Meals on Wheels People**.



- Congregate Nutrition Services
- Home Delivered Nutrition Services
- Senior Farmers Market Nutrition Program

# Nutrition Risk Assessment

<p><i>Only score "yes" responses. Score "0" for "no" responses.</i>  <i>A total score of "6" or above indicates "High Risk."</i>  <i>Participant can complete the screening independently, if desired.</i></p>	VALUE	SCORE
1. Do you have an illness or condition that has changed the way you eat?	2	
2. Do you eat fewer than 2 meals per day?	3	
3. Do you eat less than 2-3 servings of fruits, vegetables, and dairy per day?	2	
4. Do you have 3 or more drinks of beer, liquor, or wine, almost every day?	2	
5. Do you have tooth, mouth, or gum problems that make it hard for you to eat or swallow?	2	
6. Do you sometimes run out of money to buy food?	4	
7. Do you eat alone most of the time?	1	
8. Do you take 3 or more different prescribed or over-the-counter medications in a day?	1	
9. Have you lost or gained 10 pounds in the last 6 months without trying?	2	
10. Is it difficult for you to shop, cook, or feed yourself at times?	2	
<b>TOTAL</b>	<b>21</b>	

# Congregate Nutrition Program

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## Eligibility:

- All people 60+
  - An eligible participant's spouse\*
  - An individual with a disability who resides with an eligible participant\*
  - Unpaid caregiver for an eligible participant\*

\*Regardless of age

# Meal Sites

City	Location	Days of Operation
Amboy	Mt. Valley Grange	W
Battle Ground	BG Community Center	M,Tu,W,Th,F
La Center	Meals on Wheels People Center	Tu*,Th
Vancouver	Luepke Senior Center	M,Tu,W,Th,F
Vancouver	The Diner	7 days/wk
Washougal	Washougal Community Center	M,Tu,W,Th

\*Subject to change

# Home Delivered Nutrition Services

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## Eligibility:

- People 60+ who are primarily homebound
  - An eligible participant's spouse\*
  - An individual with a disability who resides with an eligible participant\*
  - Unpaid caregiver for an eligible participant\*

\*Regardless of age

# This Week's Menu

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Mon	17	<b>CHICKEN WITH RICE</b> , Flavor Fiesta, Radish Summer Salad, Seasonal Fruit <i>Tuna Salad w/Tomatoes, Flavor Fiesta, Seasonal Fruit</i>
Tue	18	<b>BEEF &amp; MACARONI CASSEROLE</b> , County Trio Vegetables, Spinach Salad w/Italian Dressing, Strawberry Gelatin <i>Opened Faced Turkey Sandwich, Summer Vegetable Soup, Strawberry Gelatin</i>
Wed	19	<b>PORK TENDERLOIN w/BBQ SAUCE</b> , Tri- Cut Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Summer Dressing, Banana <i>Summer Chicken Salad, Carrot Bean Blend Vegetables, Banana</i>
Thu	20	<b>SWEDISH MEATBALLS</b> , Spiral Noodles, Scandinavian Vegetables, Navy Bean Salad Strawberry Luscious  <i>Tofu Spring Pasta, Scandinavian Vegetables, Strawberry Luscious</i>
Fri	21	<b>CITRUS TARAGON CHICKEN</b> , Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Chocolate Cookies, Chocolate Milk <i>Ham Sandwich, Split Pea Soup, Patio Salad, Chocolate Cookies, Chocolate Milk</i>



# Senior Farmers Market Nutrition Program

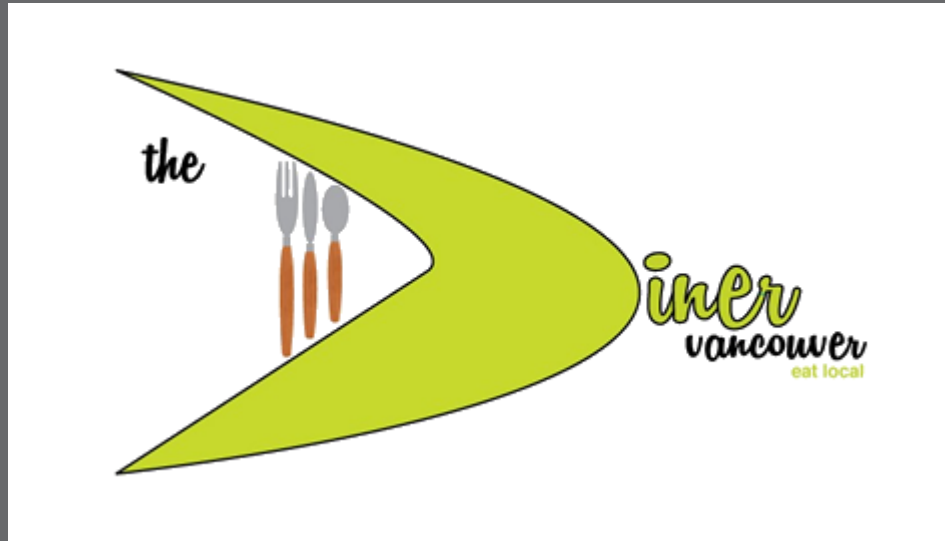


## Eligibility:

- 60+ (55+ if Native American/Alaska Native)
- Resident of Washington state
- 185% FPL

# Innovations

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5303 East Mill Plain Blvd.  
Vancouver, WA 98661

7am – 2pm  
7 days a week

# Opportunities

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- Build awareness of food insecurity
- Strengthen understanding of nutrition resources
- Collaboration among nutrition providers and with other providers