

RESOURCES:

NUTRITION:

UPCAP Website:

- Directory for Congregate Meals, Home Delivered Meals, and Food Pantries by County
- U.P. Food as Medicine Information
- Call 2-1-1 or visit <https://mi211.org/>

MI Choice Waiver Interventions/Services

- Home Delivered Meals
- Nutritional Supplements
- Nutrition Consultation w/ staff nutritionist

Brochures/Hand-outs:

- For Participants:
 - USDA – MyPlate Dietary Guidelines (can add widget to website if interested); website allows you to input some health information and it will produce a simple meal plan w/ goals
 - USDA - Eat Right when Money's Tight Sheet
 - USDA - Healthy Eating for Older Adults
 - USDA – Eat Healthy on a Budget
 - FDA – Using the Nutrition Facts Label for Older Adults
 - National Institute on Aging – 5 Tips for Choosing Healthier Foods as you Age
 - Malnutrition Task Force – Eating Well in Later Life
 - Nutrition & Aging Resource Center - Oral Health Guide for Older Adults
 - American Heart Association – 10 Ways to Improve your Heart Health
 - Veterans' Health Care – Tips for Chewing and Swallowing Problems
 - ASPEN – Caring for Nutrition w/ COPD
 - ASPEN – Caring for Nutrition w/ Cancer
 - ASPEN – Caring for Nutrition for Older Adults
- Supports Coordinators/Providers
 - Maryland Department of Aging – Addressing Malnutrition in Community Living Older Adults
 - Feeding America – Senior Hunger in the US