

Nutrition

County Senior Providers

Nutrition programs help older adults maintain healthy diets and provide for socialization and referral to other services. Healthy, nutritious group meals are offered to West Virginians age 60+ (and spouses of any age) up to five days a week. Services include nutrition education and counseling, and transportation. For more information, contact your local County Senior Provider.

Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program gives eligible, low-income older adults free coupons that can be exchanged for eligible foods at local farmers' markets. Vouchers are distributed by the West Virginia Department of Agriculture through the U.S. Department of Agriculture's Senior Farmers Market Nutrition Program. Eligible seniors over 60 can sign up at their local senior cen-

ters. Sign-ups for the program are conducted via drive-thru, mail, or by an in-home care worker. For more information, contact your local County Senior Provider.

Supplemental Nutrition Assistance Program

SNAP provides monthly benefits to help eligible households buy food. SNAP is administered by the WV DHHR and governed by federal law and regulations of the US Department of Agriculture, Food Nutrition Services.

Most people must pass a gross income test. For information or to see if you are eligible, call the ADRC at 866-981-2372 or apply online at www.wvpath.org.

Food Pantries

A food pantry is a distribution center where hungry families can receive food. There are many different types of pantries. Please contact your local ADRC for a food pantry near you or view the current list of pantries on the websites of www.wvnavigate.org or www.wvvoad.org.



The Supplemental Nutrition Assistance Program (SNAP) is a benefit that helps you save money on groceries and stretches your budget to free up money for other expenses.

SNAP provides monthly benefits to help eligible households buy food. Eligibility to receive benefits is based on household size, income, assets & other household expenses. The asset limit is \$2,000 for most households, but if at least one person is at least 60 years of age or are disabled, the asset limit is \$3,250.

The amount of SNAP benefits issues to eligible persons is based on household size and countable income, after all deductions are applied.

Deductions include, but are not limited to :

- * 20% earned income disregard
- * Child care costs
- * Excess shelter/utility costs
- * Court-ordered child support paid out
- * Medical expenses over \$35/month

Households with an elderly or disabled person are given special consideration.

SNAP benefits may only be used to purchase food for human consumption and seeds/plants to grow food at home.

Food Stamp benefits cannot be used for :

- * Household items
- * Grooming products
- * Tobacco
- * Alcohol products
- * Pet food, etc.