Introduction to Senior Hunger Programs

Leah Baack
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The Issue of Senior Hunger

• Together with agency partners, we serve about 532,000 people each year, 10% are seniors age 60 and up
• Almost one-third of food insecure seniors are disabled
• Every day, 10,000 people become seniors

Food insecure seniors are more likely to have chronic health conditions:

• 78% more likely to experience depression
• 55% more likely to experience asthma
• 40% more likely to experience chest pain
• 21% more likely to experience limitations in activity

Data Source: The State of Senior Hunger in America in 2017 released by Feeding America
Who is Second Harvest Heartland?

• Second Harvest Heartland is among the nation’s largest, most effective and innovative hunger-relief organizations in the United States

• Our mission is to end hunger together

• We achieve our mission by finding creative solutions to connect the full resources of our community with our hungry neighbors

• We provide, on average, 74% of the food that is distributed through nearly 1,000 partners and programs in 41 counties in Minnesota and 18 counties in western Wisconsin
What is the Nutrition Assistance Program for Seniors (NAPS)?

- A supplemental food program for seniors under the Commodity Supplemental Food Program (CSFP)
- Federally funded from the Farm Bill
- Government purchases excess farm food and processes for distribution
- Participants must be 60+ years of age and over
- Household size and income ≤ 130% of poverty level
- Implemented through a Minnesota Department of Health contract

Of the 14,000 seniors on NAPS in MN, Second Harvest Heartland serves 8,600 – 9,100. We serve 2,000+ seniors at our Maplewood location and 6,500+ at 240 satellite sites throughout our MN service area.
NAPS: What food is provided?

- A commodity box of food once a month: canned fruits and vegetables, juice, dry and shelf stable milk, American cheese, canned meat or peanut butter, cereal, rice or pasta.
  - Specific items will vary month to month.
- In November 2019, the CSFP Food Package was enhanced with new items, additional flexibilities, and increased quantities in some food package categories.
  - **New Items Include:** black beans, kidney beans and pinto beans, lentils, dehydrated potatoes, raisins, brown rice and vegetable soup
NAPS: How to Apply?

• To apply for NAPS or for more information, seniors can leave us a voicemail on our phone line, and we will call them back.
  • We have a group of phone volunteers that return calls to answer questions and take new applications

• Walk-ins to our Maplewood location are also welcome anytime during business hours
  • Address: 1140 Gervais Ave. Maplewood, MN 55109
  • Hours: Monday, Wednesday, Thursday, Friday: 8am-4pm
    Tuesday: 8am-7pm

• Agencies can send us applications or referrals with client’s information, and we will follow up over the phone
NAPS Distribution Sites
NAPS & Supplemental Nutrition Assistance Program (SNAP)

- Referrals from NAPS to SNAP
- Targeted SNAP Outreach at Senior Housing, Senior Programming and NAPS distribution sites
- SNAP Team working to increase rural access for Seniors
Produce at Maplewood

We send home an average of 40 additional lbs. of produce with each senior who picks up their monthly NAPS food box at our Maplewood location!
Other ways we distribute produce to Seniors

- Distribute produce to 8 NAPS sites in Southwest Minnesota
- Worked with DHS to distribute TEFAP produce to NAPS clients
- Senior Farmer’s Market Nutrition Program (SFMNP) – We issue 5,400 sets of vouchers to be used at Farmer’s Markets throughout our service area
NAPS: Nutrition Education

- Monthly box inserts provided with healthy nutritional tips and recipes
- Onsite nutrition education demonstrations at select sites. Started in 2016, and we’ve reached 20% of our caseload through onsite demonstrations
NAPS: Partnership Opportunities

• **Provide Information:**
  • Education seniors about the NAPS program
  • Scheduling an outreach event

• **Referrals:**
  • Preferred Method: Complete a NAPS application
  • Secondary Method: Request referral forms pads and refer participants directly to Second Harvest Heartland.
  • Applications and referral forms can be scanned and emailed to [NAPS@2harvest.org](mailto:NAPS@2harvest.org) or faxed at 651-484-1064.
Questions?

- Contact Information:
  - Leah Baack
  - lbaack@2harvest.org
  - 651-209-7955 or 651-724-5110
Clinical Liaison Contact

- Email
  - Clinicalliaison@ucare.org
- Phone number & toll-free phone number
  - 612-294-5045
  - 866-613-1395 toll-free.
- When calling please supply the following
  - Contact person’s name, phone, and email.
  - A detailed description, including:
    - Member’s name and date of birth.
    - Member’s UCare ID# or PMI #.
    - UCare product (MSHO, MSC+, or UCare Connect).
    - Question pertaining to care coordination.
Thank you!