



Nutrition and Health Checklist – Tip #6

“I don't always have enough money to buy the food I need.”

Check with your local food bank, Social Security Office, Area Agency on Aging, Senior Center, health department, or church for help. It can be hard to ask for help, but is very important to get the foods you need to stay healthy. There are many things you can do to cut food costs.

Here are some tips that might help.

Plan meals wisely to lower food costs.

- Buy fresh fruits and vegetables when they are in season. They cost less in season.
- Canned meats or stews, beans, eggs, turkey and chicken make great low-cost main dishes.
- Use coupons from the newspaper to save at the grocery store.
- Cook and eat at home instead of eating out.
- Go in together with friends or family to buy larger quantities and then split them up.

Ask people and groups around you for help.

- Eat lunch at your local senior center. It makes a meal fun.
- When your family or friends ask you if there is something you need, ask for a bag of groceries or gifts of food.
- Check with your local food bank, Social Security Office, Area Agency on Aging, Senior Center, health department or church for help.
- Consider applying for food stamps. Many older adults qualify.



Georgia Food Stamp Application Information

<http://www.fns.usda.gov/fsp/outreach/states/georgia.htm>

National Food Stamp Application Information

http://www.fns.usda.gov/fsp/applicant_recipients/how_to_apply.htm