

## Access to Meals for Older Adults While Sheltering In Place

### Are you in need of meals during COVID-19?

Making sure older adults receive the nutrition they need during the Coronavirus pandemic is a top priority in Illinois. We want to ensure the health, safety and welfare of older adults during this time. **Because of this, the home delivered meals program is being expanded to include anyone who is 60 and older. Meals are available on a temporary basis until further notice.** There is a Care Coordination Unit in each county that can help you sign up for meals. To receive meals yourself or learn more about getting meals for a loved one, [click here](#).

During the shelter in place order, select Community Dining locations are providing carry out meals for older adults. If you are interested in carry-out meals,

- Contact the **Care Coordination Unit** in your county to register for the program
- Call your preferred Community Dining location and reserve a meal (Participants must be registered in the program and make a reservation for a meal in advance)

Any older adult who is concerned about accessing food or experiencing other concerns during this unprecedented event, is encouraged to reach out to the Care Coordination Unit in their county for assistance.

### Supplemental Nutrition Assistance Program (SNAP) Benefit Information

SNAP is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores. If you are interested in more information or applying for SNAP benefits, please contact the **Care Coordination Unit** in your county.

If you are a SNAP recipient who receives less than the monthly maximum SNAP allotment for your household size, you will receive supplemental emergency SNAP allotment to bring you up to the maximum benefit in April and May 2020.

April 2020 emergency allotments will be made available to active SNAP households on or before April 20, 2020. May 2020 emergency allotments will be made available around the same date the emergency allotment was received in April.

For more information, [click here](#).

SNAP interview requirements have been adjusted due to the Coronavirus. Food and Nutrition Services (FNS) is allowing an adjustment in requiring a SNAP household to be interviewed prior to the approval of benefits. This adjustment applies to all initial applications, including expedited, requiring an interview from March 01, 2020 through May 31, 2020.

For more information, [click here](#).

### Other Nutrition Resources for Older Adults

Food safety is very important especially for older adults and anyone with a weakened immune system. The good news is that food borne illness is preventable. We should all be extra diligent about food safety during this pandemic so we can stay as healthy as possible. Just a few basic precautions can really make a big difference. Remember, harmful bacteria can be present in foods before we can see or smell it! “When in doubt, throw it out.” Freezing is a good way to extend the storage life of foods, so properly wrap and label items for the freezer to use later. The key to freezing is to split larger items and freeze in meal size portions. Remember to cook all foods to the proper temperature and remember to heat leftovers to 165°F

**More information:** [foodsafety.gov/keep-food-safe/4-steps-to-food-safety](https://foodsafety.gov/keep-food-safe/4-steps-to-food-safety)

Follow the guidelines below for storing food in the refrigerator and freezer. The short time limits for home-refrigerated foods will help keep them from spoiling or becoming dangerous to eat. Avoid cross-contamination by using separate utensils, plates, and cutting boards for raw and cooked foods. Just always think, “If raw food has touched a plate, utensil or cutting board then use a different one for the cooked product.”

**More information:** [foodsafety.gov/food-safety-charts/cold-food-storage-charts](https://foodsafety.gov/food-safety-charts/cold-food-storage-charts)

The resources on this page align with the CDC messaging and offer science-based information about supporting health with good nutrition during this pandemic.

**More information:** [eatright.org/coronavirus](https://eatright.org/coronavirus)

## Food Pantry Resources

### Local Food Pantry Finder - Call to Check Hours

[solvehungertoday.org/get-help/where-to-get-food](https://solvehungertoday.org/get-help/where-to-get-food)

### Mobile Food Pantries Calendar

[solvehungertoday.org/get-help/mobile-pantry-calendar](https://solvehungertoday.org/get-help/mobile-pantry-calendar)

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To support our community while we shelter in place, AgeGuide will be sharing new resources each week to help older adults and their loved ones stay informed, healthy and connected. AgeGuide has also compiled resources to support older adult and families during COVID-19 on its website which will be updated regularly. To see our resource page, [click here](#).

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AgeGuide Northeastern Illinois was established in 1974. Services funded or coordinated by AgeGuide meet the diverse needs of the most rapidly growing population in Illinois. Over 681,000 seniors age 60 and over live in the agency's eight-county service area:

**DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry, and Will Counties**

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