



## Massachusetts Councils On Aging

### Nutrition Community Checklist: A Self-Assessment

This assessment helps you identify available food and nutrition resources in your community and consider next steps to decrease older adult malnutrition. If you prefer to complete this via phone or video, contact Tara Hammes at [tara@mcoaonline.com](mailto:tara@mcoaonline.com) or 413-923-2160.

#### FOOD

- 1 What are the local supermarkets?
- 2 What are the local corner stores?
- 3 Where else do older adults shop for food?
- 4 What are the farm stands?
- 5 What are the farmers' markets?
- 6 Is there a Brown Bag program?
- 7 Is there a Commodity Supplemental Food Program?
- 8 In what food bank territory are you?
- 9 What are the local food pantries and meal programs (aka soup kitchens)?
- 10 Who runs your home-delivered meals program (meals-on-wheels)?
- 11 Do you have a meal program in your center?
- 12 Where are the older adult meal programs?
- 13 Does the COA have its own café/bistro?
- 14 Which COVID-19 federal food distribution programs did you participate in?
- 15 Are there community gardens? Does the COA have its own garden?
- 16 What are the food rescue programs (unused food picked up from restaurants/grocery stores)?
- 17 What are the mobile markets?
- 18 What are the community supported agriculture programs?
- 19 Are there grab-and-go meal programs?
- 20 Are there independent bag/box programs selling food at a wholesale or a discount?
- 21 Is milk home-delivery available?
- 22 Are there hospital discharge meal package programs?
- 23 Do you promote meal delivery kits or personal chef services?

#### ASSISTANCE

- 1 Are you a SNAP partner?
- 2 Do you know the average SNAP benefit for an older adult living alone in your city/town?
- 3 Are there local SNAP-match funds (not HIP/Healthy Incentive Program)?  
Do you assist with other benefits such as Chapter 115 Veteran's Service Benefits or EAEDC (Emergency Aid 4 to the Elderly, Disabled and Children)?
- 4 Do you have older adults eligible for the WIC (Women Infants and Children) program?
- 5 Are Senior Farmers' Market Nutrition Program coupons distributed?
- 6 Are produce bags distributed to homebound adults who do not receive the coupons?
- 7 Do you (or a partner) distribute grocery gift cards?

## **TRANSPORTATION**

- 1 What are your public transportation options?
- 2 What transportation services exist (COA shuttle, ASAP volunteer drivers, ride share such as Uber, Lyft, Safr)
- 3 What are the grocery delivery services (Peapod, Instacart, Telegrocers)?

## **EDUCATION**

- 1 What additional languages do you need information in?
- 2 Are there evidence-based nutrition or health programs (AMP, MyChoice My Health?)
- 3 Are there cooking/nutrition education programs (Cooking Matters)
- 4 Is there a college nutrition program?
- 5 Do you distribute materials from USDA Choose My Plate, Seasoned Magazine, etc.?
- 6 Do you distribute HIP (Healthy Incentive Program) materials?
- 7 Do you have a newsletter?
- 8 Do you participate in malnutrition week, National Nutrition Month, other health observances, etc.?
- 9 Who else do you partner with for food and nutrition initiatives?
- 10 Do you run online programming?

## **MEETINGS, PARTNERSHIPS, EVENTS**

- 1 Do you participate in SNAP meetings? Who runs it?
- 2 Is there a food policy council? Are you a member?
- 3 What food or nutrition coalitions are you part of?
- 4 Do you hold malnutrition screenings?

## **OTHER**

- 1 What exists but wasn't captured above?

## **Next Steps**

Identify three areas in which you would like to move forward. They can be related to this tool or separate

- 1 food/nutrition topics.
- 2 Contact MCOA if you have questions on this tool or would like support in moving forward