

Healthy Elders: Healthy Communities

You Are Invited to join the
Oregon Faith Roundtable Against Hunger,
Department of Human Services, and
Partners for a Hunger Free Oregon
In Reaching Hungry Elders in Oregon

- ✚ We are concerned that only 1 out of every 3 seniors that qualifies for SNAP* is receiving this important federal program.
- ✚ We know that fruits, vegetables, proteins, whole grains and pure water assure a balanced diet for seniors. Yet, food markets are often inaccessible to low income seniors.
- ✚ We know that seniors who lack proper nutrition are more prone to falls, causing a downward spiral toward dependency.
- ✚ SNAP* is available to every senior who qualifies, yet many do not apply for SNAP due to cultural attitudes and lack of information.

Together, we have prepared an outreach program for faith communities in Oregon. We can help you reach the elders in your community with specific information on receiving SNAP*.

Receiving SNAP dollars not only helps the elders in your community, it also helps the community at large through increased revenue to your local merchants. It has been estimated that a SNAP dollar will rotate 1.7 times before leaving your community. This added revenue is essential to small rural grocers and local merchants who are struggling to stay in business.

*SNAP - Supplemental Nutrition Assistance Program (formally food stamps)

Become a Hunger Advocate - See Reverse Side For
Important Outreach Tools and Training

Join the Project to Enroll Elders in SNAP

Volunteers are needed from congregations to:

- a. Organize a hunger group at your congregation or faith community
- b. Receive easy to understand training on Healthy Seniors: Healthy Communities.
- c. Schedule and give a talk on Healthy Seniors: Healthy Communities.
- d. Pre-written (fill in the blanks) inserts about your talk on senior hunger for you to place in your congregation bulletin.
- e. Offer to host and lead a forum. Lots of material is available including 2 PowerPoint presentations or an overhead projector transparency of the PowerPoint's along with printed information.
- f. Learn how to recruit congregation members to reach out to low income seniors.
- g. For our super organized, there are opportunities to meet with elders at senior centers and libraries to assist them in signing up for SNAP and other services.
- h. Currently, over 100,000 qualified elders in Oregon are not signed up for SNAP. Help to reduce the barriers to their use of these important federal funds.

Websites for more information:

OFRAH - OFRAH.wordpress.com

Partners for a Hunger Free Oregon - OregonHunger.org

DHS - Oregon.gov/DHS

211 - 211info.org

Oregon Helps - OregonHelps.org

***CALL TO GET INVOLVED TODAY:
OFRAH - 503 775 6830***