



## 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. You can use this list to develop your own comprehensive resource guide and action plan. If you want assistance and prefer to complete this via phone or video, contact Tara Hammes at [tara@mcoaonline.com](mailto:tara@mcoaonline.com) or 413-923-2160.

### FOOD

#### Begin with a list of these local resources

- 1 What are the local supermarkets? Do they deliver? Is there a minimum order or fee for delivery?
- 2 What are the local corner and convenience stores?
- 3 Where else do older adults shop for food?
- 4 What are your local food pantries and meal programs? Search within your region below.  
[Merrimack Valley Food Bank](#)  
[The Food Bank of Western MA](#)  
[The Greater Boston Food Bank](#)  
[Worcester County Food Bank](#)
- 5 Where are your mobile market/ mobile pantry locations? Search within your region below.  
[Merrimack Valley Food Bank](#)  
[The Food Bank of Western MA](#)  
[The Greater Boston Food Bank](#)
- 6 Is there a Brown Bag program? Search within your region below.  
[The Food Bank of Western MA](#)
- 7 Is there a Commodity Supplemental Food Program (CSFP) distribution?  
[The Greater Boston Food Bank](#)

#### Search for these local farm resources

- 1 [What are the farm stands?](#)
- 2 [What are the farmers' markets? Are any open during the winter or year round?](#)
- 3 [What are the community supported agriculture programs \(CSAs\)?](#)
- 4 What are your community gardens?

#### List your COA and partner resources

- 1 Does the COA have a meal program in it's center?
- 2 Does the COA have a grab-and-go meal program?
- 3 Does the COA have a cafe/bistro?
- 4 Does the COA have it's own garden?
- 5 [Who runs your home-delivered meals program \(meals-on-wheels\)?](#)
- 6 Where are other older adult meal programs?
- 7 [Have you contacted the FoodSource Hotline 800-645-8333?](#)

#### Add additional resources you may not thought of

- 1 What are the food rescue programs (unused food picked up from restaurants/grocery stores)?
- 2 Are there independent bag/box programs selling food at a wholesale or a discount?
- 3 Is milk home-delivery available?
- 4 Are there hospital discharge meal package programs?
- 5 Do you promote meal delivery kits or personal chef services?
- 6 Do you promote meal delivery programs?

### ASSISTANCE

#### Add SNAP details to your list

- 1 Are you a SNAP community partner?
- 2 [Do you know the average SNAP benefit for an older adult living alone in your city/town?](#)
- 3 [Do you promote the Healthy Incentives Program \(HIP\)?](#)
- 4 Are there local farmers' market SNAP-match programs? Boston Bounty Bucks, SNAP match Cambridge, etc.

#### Highlight Veteran and dependent resources

- 1 [Do you assist with Chapter 115 Veteran's Service Benefits?](#)
- 2 [Do you assist with Emergency Aid to the Elderly, Disabled and Children \(EAEDC\)?](#)
- 3 [Do you see older adults with children under five and eligible for the Women Infants and Children \(WIC\) program?](#)
- 4 [Do you have older adults with minor dependents eligible for summer food?](#)

#### Share additional food resources

- 1 [Are Senior Farmers' Market Nutrition Program coupons distributed?](#)
- 2 [Are produce bags distributed to homebound adults who do not receive the coupons?](#)
- 3 Do you (or a partner) distribute grocery gift cards?

### TRANSPORTATION

#### Reduce barriers and add these resources

- 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

#### Share your current offerings

- 1 Do you distribute materials from USDA Choose My Plate, Seasoned Magazine, etc.?
- 2 Do you have a newsletter?
- 3 Do you participate in Malnutrition Awareness Week, National Nutrition Month, other health observances, etc.?
- 4 Who else do you partner with for food and nutrition initiatives?
- 5 Do you run online programming?

#### Research new avenues

- 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?

### MEETINGS, PARTNERSHIPS, EVENTS

#### Share or add opportunities to be involved in

- 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?

### Next Steps

Use this checklist to develop your own resource guide.  
Identify three areas in which you would like to move forward.  
Contact MCOA if you have questions on this tool or would like support in moving forward.