

Additional National and State Nutrition Assistance Program Resources

National Resources:

Food Research and Action Center: www.frac.org

- The leading national non-profit organization working to improve public policies and public-private partnerships to eradicate hunger and undernutrition in the United States.
- Website resources include: legislative action center, hunger statistics and data, national studies, outreach materials, news developments, and policy updates for over 9 nutrition assistance programs for children, individuals, and families.

Social Security Administration: www.socialsecurity.gov/prescriptionhelp

- People with limited incomes are eligible for Extra Help to pay for costs related to a Medicare prescription drug plan, such as monthly premiums, annual deductibles, and prescription co-payments. Valued on average at almost \$4,000/year.
- Beginning Jan 1, 2010, Extra Help no longer counts as a resource life insurance policies and cash help people regularly get from others to pay for household expenses. Resources must be limited to \$12,510 (individual) or \$25,010 (married couple living together).

USDA/Food and Nutrition Service: www.fns.usda.gov

- The administrator of multiple federal nutrition assistance programs.
- *Supplemental Nutrition Assistance Program (SNAP)/Food Stamp Program (FSP):* Information on SNAP/FSP including outreach materials, toolkits, nutrition education, and more.
- *SNAP/FS Store Locator:* Designed to help food stamp recipients find local stores that welcome food stamp benefits in their community.
- *Child Nutrition Programs:* Information about school meals, summer meals, meals in child care settings, WIC, and others. Additional tools about nutrition education, increasing program participation, and how to operate successful meal programs.

NYS Resources:

Eat Smart New York: www.otda.state.ny.us/main/programs/nutrition

- Free nutrition education for food stamp participants and those applying for food stamp benefits. Administered by the NYS Office of Temporary and Disability Assistance (NYS OTDA).
- Educators meet with food stamp participants either individually or in group settings about topics such as planning meals, reading nutritional labels, shopping on a budget, cooking, and learning about food safety.
- Website provides list of local Eat Smart New York contacts throughout NYS.

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Eat Well Play Hard in Child Care Settings: www.health.state.ny.us/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

- An obesity prevention initiative from the NYS Department of Health. Goals include: increasing physical activity, decreasing exposure to screen time, increasing fruit and vegetable consumption, and increasing lower fat milk consumption.

EBT Farmers' Market Project: www.snaptomarket.com

- Over 130 farmers markets across NYS accept EBT/food stamps.
- Encourages food stamp recipients to shop at their local farmers market for wholesome, fresh food.
- Website promotes the program, explains how it works, helps people find a market in their nearby community, and provides tips for buying and preparing fresh fruits and vegetables.

Just Say Yes to Fruits and Vegetables: www.jsyfruitveggies.org

- Administered by the NYS Department of Health, provides free nutrition education programs and resources to food stamp eligible populations and community partners.
- Website includes recipes, food safety tips, and information about the Just Say Yes Van, a mobile food demonstration truck with traveling nutritionists.

myBenefits: www.mybenefits.ny.gov

- Website for families and community partners to learn about benefits, public assistance programs, and work-support services available in NYS.
- Individuals and families may anonymously and confidentially answer a set of online questions to learn about benefits they might be eligible for.
- Currently, the online tool includes 15 benefit programs such as the Food Stamp Program, free or reduced-price school meals, WIC, and various health insurance and tax credits. Operated by NYS OTDA.

New York State Education Department: <http://portal.nysed.gov/portal/page/pref/CNKC>

- Website provides information about latest policies and information pertaining to the School Breakfast Program, National School Lunch Program, and Summer Food Service Program.

NY Connects: www.nyconnects.org

- Long Term Care resources for all New Yorkers, regardless of age or method of payment. People get long term care services through the NYS Office for the Aging programs, Medicaid or Medicare, or by paying out of pocket.
- Provides information on services including: home delivered meals, transportation, respite care, home health care, friendly visiting, counseling, and support. NY Connects staff is available to help free of charge.

Office of Temporary and Disability Assistance: www.otda.state.ny.us/main/workingfamilies

- State agency responsible for administering the Food Stamp Program in NYS.
- Website contains information and resources about FSP in NYS including: outreach materials, publications and guides, related forms, a link to myBenefits, and more.

The Nutrition Consortium is proud to partner with many additional government agencies and non-profit organizations. Please visit our website for a list of agency partners:

www.nutritionconsortium.org/partners.htm

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