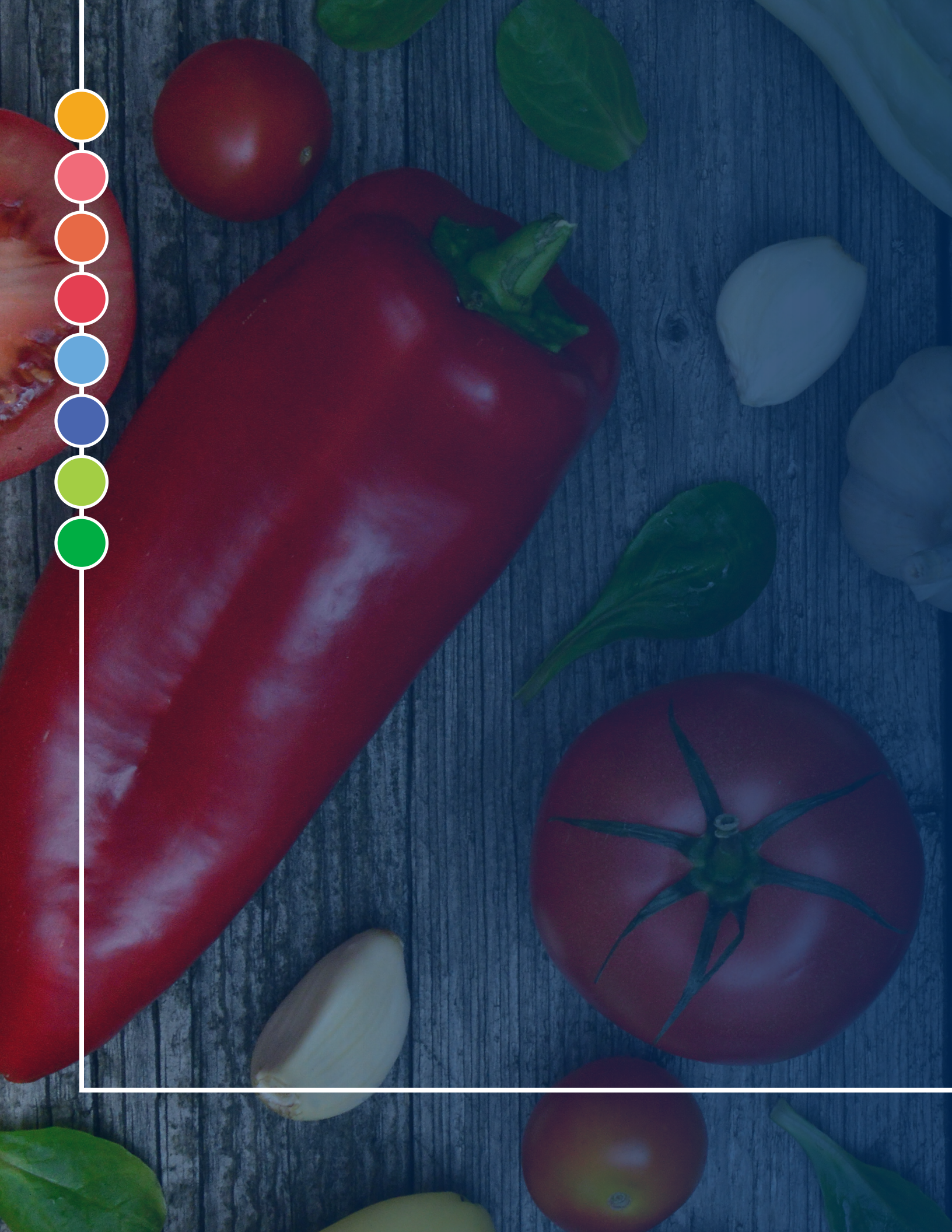




DISTRICT OF COLUMBIA FEDERAL NUTRITION PROGRAMS TOOLKIT

Developed by: D.C. Hunger Solutions, DC Department of Health, DC Office of the State Superintendent of Education, DC Public Schools, DC Department of Human Services, DC Department of Aging and Community Living





INTRODUCTION

Every resident of the District of Columbia has a right to healthy, affordable, culturally appropriate food. This Toolkit was created for residents, community based organizations (CBOs), health care providers, District agencies, and anyone interested in ensuring everyone has access to healthy, affordable food. Agencies, CBOs, and providers can use the Toolkit to refer their participants to federal nutrition programs, and individuals can learn how to apply and where to access benefits, food, and meals.

Access to affordable, nutritious food and meals is central to living a healthy life. The District operates federal nutrition programs which offer a variety of benefits - from money for groceries to balanced meals - for all age groups. Each program is unique and serves a different group of people with different benefit types. This Toolkit was created to help people navigate these programs so that individuals and families receive the support they need for healthy diets and lives.

The federal nutrition programs are administered federally by the US Department of Agriculture and the Administration for Community Living and operated in the District by state agencies including the DC Department of Health, DC Office of the State Superintendent of Education, DC Department of Human Services, and DC Department of Aging and Community Living. These agencies partner with organizations across the District to provide benefits, meals, snacks, and food boxes through the federal nutrition programs.

We hope you find this Toolkit useful and effective. Connecting people to federal nutrition programs can help combat food insecurity and ensure residents have the nutrition needed to live a healthy, productive life.

These institutions are equal opportunity providers.

USDA Non-Discrimination Statement: www.fns.usda.gov/usda-nondiscrimination-statement

Office of Civil Rights: www.hhs.gov/ocr/civilrights/resources/laws/index.html



AGE GROUPINGS AND ASSOCIATED FOOD PROGRAMS

PREGNANT WOMEN AND NEW MOMS

- 02** Supplemental Nutrition Assistance Program (SNAP)
- 04** Special Supplemental Nutrition Program for Women Infants, and Children (WIC)
- 05** WIC Farmers' Market Nutrition Program (WIC FMNP)
- 06** The Emergency Food Assistance Program (TEFAP)

INFANTS (BIRTH - 1 YEAR)

- 04** Special Supplemental Nutrition Program for Women Infants, and Children (WIC)
- 05** WIC Farmers' Market Nutrition Program (WIC FMNP)
- 08** Pandemic Electronic Benefits Transfer (P-EBT)
- 09** Child and Adult Care Food Program (CACFP)
- 10** Summer Food Service Program (SFSP)

CHILDREN (2 - 5 YEARS)

- 04** Special Supplemental Nutrition Program for Women Infants, and Children (WIC)
- 05** WIC Farmers' Market Nutrition Program (WIC FMNP)
- 08** Pandemic Electronic Benefits Transfer (P-EBT)
- 09** Child and Adult Care Food Program (CACFP)
- 10** Summer Food Service Program (SFSP)
- 11** School Nutrition Programs (SNP)

CHILDREN (6 - 18 YEARS)

- 02** Supplemental Nutrition Assistance Program (SNAP)
- 06** The Emergency Food Assistance Program (TEFAP)
- 08** Pandemic Electronic Benefits Transfer (P-EBT)
- 09** Child and Adult Care Food Program (CACFP)
- 10** Summer Food Service Program (SFSP)
- 11** School Nutrition Programs (SNP)

CHILDREN WITH DISABILITIES (6 - 18 YEARS)

- 02** Supplemental Nutrition Assistance Program (SNAP)
- 04** Special Supplemental Nutrition Program for Women Infants, and Children (WIC)
- 05** WIC Farmers' Market Nutrition Program (WIC FMNP)
- 06** The Emergency Food Assistance Program (TEFAP)
- 08** Pandemic Electronic Benefits Transfer (P-EBT)
- 09** Child and Adult Care Food Program (CACFP)
- 10** Summer Food Service Program (SFSP)
- 11** School Nutrition Programs (SNP)

ADULTS (19 - 59 YEARS)

- 02** Supplemental Nutrition Assistance Program (SNAP)
- 06** The Emergency Food Assistance Program (TEFAP)

ADULTS WITH DISABILITIES (19 - 59 YEARS)

- 02** Supplemental Nutrition Assistance Program (SNAP)
- 04** Special Supplemental Nutrition Program for Women Infants, and Children (WIC)
- 05** WIC Farmers' Market Nutrition Program (WIC FMNP)
- 06** The Emergency Food Assistance Program (TEFAP)
- 09** Child and Adult Care Food Program (CACFP)
- 13** Nutrition Programs for Older Adults (DACL)

OLDER ADULTS (60+ YEARS)

- 02** Supplemental Nutrition Assistance Program (SNAP)
- 06** The Emergency Food Assistance Program (TEFAP)
- 07** Commodity Supplemental Food Program (CSFP)/ Grocery Plus
- 09** Child and Adult Care Food Program (CACFP)
- 13** Nutrition Programs for Older Adults (DACL)
- 15** Senior Farmers' Market Nutrition Program (Senior FMNP)



WHAT IS SNAP?

- The **District's Supplemental Nutrition Assistance Program (SNAP)** (formerly known as Food Stamps) helps individuals and families buy the food they need for good health.
- Eligible residents receive benefits on an Electronic Benefits Transfer (EBT) card that they can use to buy groceries at SNAP-accepting grocery stores, corner stores, and farmers' markets.

✓ WHO IS ELIGIBLE FOR SNAP?

- Individuals (even if you are working), families, older adults/seniors, persons experiencing homelessness, persons with a disability, many immigrants, and citizen children of undocumented immigrants
- Household size and income determine if a resident is eligible to receive SNAP. More information can be found here: dhs.dc.gov/service/snap-eligibility.

▶ HOW TO APPLY

- Applications can be completed online through the [DC Benefits Portal](https://dcbenefits.dhs.dc.gov/) (dcbenefits.dhs.dc.gov/) or by downloading the "DC First" mobile phone app through the Apple App Store or Google Play store. You can also download an [application](#) from the DC Department of Human Services, Economic Security Administration (ESA) website, or go to the nearest [ESA Service Center](#) to pick up an application.
- Gather the documents needed for your application – download a [list of the documents](#) needed to apply.
- Submit your application online, drop off your application to any open ESA Service Center, or email your application to info@dchunger.org. You have the right to submit an incomplete application if you have completed and signed the first page.

📞 CONTACT INFORMATION

- Phone: (202) 727-5355 or (202) 807-0405
- Email: dhs@dc.gov
- Website: dhs.dc.gov/snapinfo

📍 LOCATIONS OF ESA SERVICE SITES

- Congress Heights Service Center:
4049 South Capitol St. SW (OPEN)
- H Street Service Center:
645 H St. NE (OPEN)
- Taylor Street Service Center:
1207 Taylor St. NW (OPEN)
- Anacostia Service Center:
2100 Martin Luther King Ave. SE (OPEN)
- Fort Davis Service Center:
3851 Alabama Ave. SE (OPEN)



OTHER RESOURCES

- [D.C. Hunger Solutions](#) provides SNAP application assistance and case status inquiries. You can contact them at (202) 640-1088 or emailing info@dchunger.org.
- [SNAP Employment and Training Program \(SNAP E&T\)](#)
 - The Supplemental Nutrition Assistance Employment and Training (SNAP E&T) Program helps SNAP users in achieving their career goals. SNAP E&T provides participants (age 16 and older) with a variety of services focused on their interests and needs to help them in the workforce. The program is completely voluntary, and participants receive reimbursement for eligible transportation, child care, and other expenses related to participation.
 - To apply, please call the SNAP E&T office at (202) 535-1178 or email dhs.snapet@dc.gov to get started. All services are currently being offered remotely due to the coronavirus (COVID-19) public health emergency. Staff is available to assist Monday through Friday from 8:15 a.m.-4:45 p.m.
 - The SNAP E&T main office is located at 2100 MLK Jr Ave. SE, Suite 300, Washington, DC. The program is co-located twice per week at Adams Place Homeless Shelter (2210 Adams Place, NE)
 - The program provides outreach services on a rotating basis five days a week at all five DHS Service Centers.



WHAT IS WIC?

- **WIC** helps pregnant women, new mothers, infants (6-12 months), and children up to age 5 years buy the food they need for good health.
- Eligible residents receive benefits on checks that they can use to buy groceries at WIC-accepting grocery stores, corner stores, pharmacies, Commissary, and farmers' markets. *Please note DC WIC will change to an EBT card by April 2022.



WHO IS ELIGIBLE FOR WIC?

- Pregnant women; women who delivered a baby in the past six months to 12 months; infants and children up to age 5; infants and children up to age 5 who are cared for by grandparents, fathers, foster parents, or other legal guardians may be eligible
- DC residents
- Household income is [185 percent below the federal poverty line](#)
- If you receive SNAP (Food Stamps), TANF, or free school meals in DC, you are also eligible for DC WIC.

Check out this pre-screening tool to see if you are eligible - wic.fns.usda.gov/wps/pages/preScreenTool.xhtml



HOW TO APPLY

- To apply for WIC, residents should call their local WIC site.
- Site locations and contact information can be found at dcwic.org/wic-locations.
- Additional information for how to apply for DC WIC can be found at dcwic.org/how-to-apply-for-wic.



CONTACT INFORMATION

- Phone: (202) 442-9397
- Email: info.wic@dc.gov
- Website: dcwic.org
- Instagram: [@dcwic](https://www.instagram.com/dcwic)



LOCATIONS OF SERVICE SITES

- There are 13 [local WIC clinics](#) in DC.
- Find a local WIC clinic near you at dcwic.org/wic-locations.
- You can find a list of local grocers, pharmacies, and farmers' markets accepting WIC benefits [here](#).



WHAT IS THE WIC FARMERS' MARKET NUTRITION PROGRAM (WIC FMNP)?

- **WIC FMNP** helps pregnant women, new mothers, infants (6-12 months), and children up to age 5 buy fresh and local fruits, vegetables and cut herbs from approved farmers and receive nutrition education.
- Eligible residents receive benefits on an checks that they can use to buy fresh fruit, vegetables, and herbs at FMNP-accepting farmers' markets.
- The WIC FMNP season runs from June 1-Oct. 31

✓ WHO IS ELIGIBLE FOR WIC FMNP?

- Pregnant and postpartum women, infants (6-12 months), and children up to age 5
- Pregnant women; women who delivered a baby in the past six months to 12 months; infants 6-12 months and children up to age 5; infants and children up to age 5 who are cared for by grandparents, fathers, foster parents, or other legal guardians may be eligible
- DC residents
- Household income is less than 185 percent of Federal Poverty Level

If you receive WIC in DC, you are also eligible for WIC FMNP in DC.

📍 HOW TO APPLY

- In order to receive WIC FMNP benefits, a resident must be enrolled in the WIC Program.
- To apply for the WIC program, interested residents can contact a WIC site. Site locations and contact information can be found at dcwic.org/wic-locations.
- More information can be found here: dcwic.org/how-to-apply-for-wic.

📞 CONTACT INFORMATION

- Phone: (202) 442-9397
- Email: info.wic@dc.gov
- Website: dcwic.org
- Instagram: [@dcwic](https://www.instagram.com/dcwic)

📍 LOCATIONS OF SERVICE SITES

- There are [13 local WIC clinics](#) in DC.
- Find a local WIC clinic near you at dcwic.org/wic-locations.



WHAT IS TEFAP?

- The TEFAP is a US Department of Agriculture program that assists with supplementing the diets of low-income Americans, including the elderly, by providing them with emergency nutrition assistance at no cost.
- The District of Columbia provides TEFAP foods to local agencies, such as food banks, which in turn distribute the food to soup kitchens and food pantries that directly serve the public.



WHO IS ELIGIBLE FOR TEFAP?

Residents

- DC residents who receive SNAP, TANF, Medicaid, or [have income 185 percent below the federal poverty line](#).

Organizations

- The Capital Area Food Bank is the distributing organization, contracted by the District of Columbia, to operate the TEFAP program and distribute USDA Foods to agencies that operate feeding and nutrition programs for eligible DC residents.
- To be eligible to distribute TEFAP commodities, an organization must be a public or private nonprofit 501(c)3 organization.



HOW TO APPLY

Residents

- To receive TEFAP foods for home preparation and consumption (groceries), applications are completed at food pantries using the “DC TEFAP Self-Disclosure Form.”
 - Required information includes name, address, number of individuals in household, and self-declaration of TEFAP eligibility.
 - Residents must certify for the program annually at food distribution sites.
- To receive TEFAP foods as prepared meals, from soup kitchens, no application is required.
- There are no restrictions on how often a household can receive TEFAP foods and how often food pantries can distribute TEFAP to households.

Organizations

- For information on being a subrecipient agency under the Capital Area Food Bank, please contact their organization at (202) 644-9807.



CONTACT INFORMATION

- Email: osse.nutritionprogram@dc.gov (please specify TEFAP in the subject line)
- Website: osse.dc.gov/service/emergency-food-assistance-program-tefap
- Phone: (202) 644-9807 (Capital Area Food Bank Hunger Hotline)



LOCATIONS OF SERVICE SITES

- There are 81 TEFAP sites in the District. Sites can be found on the Capital Area Food Bank’s website: capitalareafoodbank.org/find-food-assistance/

WHAT IS THE COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP) /Grocery Plus

- CSFP, also known as Grocery Plus, provides seniors, age 60 and older, a monthly food box with a variety of healthy foods including canned fruit, vegetables, meat, fish; canned and dried beans and peanut butter; cereal, pasta, and rice; and milk and cheese.
- Seniors also receive nutrition education and referrals to healthcare and social services.

✓ WHO IS ELIGIBLE FOR CSFP?

- Seniors, age 60 and older
- DC residents
- Household income less than income 130 percent of Federal Poverty Level

📍 HOW TO APPLY

- To apply for CSFP, residents can call the Grocery Plus hotline at (202) 644-9880.
- More information can be found on Capital Area Food Bank's website [here](#).

📞 CONTACT INFORMATION

- Phone: (202) 644-9880
- Website: capitalareafoodbank.org

📍 LOCATIONS OF SERVICE SITES

- The Capital Area Food Bank provides Senior FMNP checks at 71 senior sites in the District. Call (202) 644-9880 for information on locations of service sites.



WHAT IS P-EBT?

- Through P-EBT, eligible children receive temporary emergency nutrition benefits loaded on EBT cards that are used to purchase food.
- Children who would have received free or reduced-price meals under the National School Lunch Program, if their schools were not closed or operating with reduced hours or attendance for at least five consecutive days, are eligible to receive P-EBT benefits.
- Additionally, children age 6 and younger with disruptions in child care who live in a household that receives SNAP are eligible.



WHO IS ELIGIBLE FOR P-EBT?

- Children in pre-K 3 through Grade 12 who qualify for free or reduced-price school meals or attend a Community Eligibility Provision (CEP) school. To determine if a school is operating the CEP, please reach out to the school directly.
- Children age 6 and younger who live in a household that receives SNAP.

For more information, please visit the DHS website:
dhs.dc.gov/p-ebt



HOW TO APPLY

- Families cannot apply to the P-EBT program individually.
- Students are eligible for P-EBT if they attend a school operating the CEP, are directly certified by another benefits program such as SNAP or TANF, or based on submission of a free and reduced-price meal (FARM) application submitted directly to their school.



CONTACT INFORMATION

- Website: dhs.dc.gov/p-ebt



WHAT IS CACFP?

- The CACFP provides approved child development facilities, adult day care centers, sponsored day care homes, afterschool programs, and emergency shelters with monthly reimbursement for the meals and snacks they serve. Meals that are reimbursed must meet federal guidelines.
- Participating organizations receive training and technical assistance, nutrition education, and food safety information.
- Facilities must be eligible and receive approval to operate the CACFP before applying for any reimbursement.



WHO IS ELIGIBLE FOR CACFP?

Individuals:

- Infants and children receive no-cost or low-cost meals through their child development facility or day care home.
- All youth who are age 18 and younger at the start of the school year and any person with a disability can get meals through participating afterschool programs.
- Anyone younger than 25 years old or who has a disability can get meals at emergency shelters they live in.
- Adults who are age 60 and older or those age 18 and older with a disability can receive no-cost or low-cost meals at the adult day center where they also receive social and health services.

Center/Home Eligibility

- In order to receive reimbursement for meals served to these age groups, your center/home/school must be approved to participate in the CACFP.

Several types of facilities are eligible for this program, including:

- Licensed child care centers, before- and after-care centers, and day care homes.
- Afterschool programs with structured activities (not competitive sports).
- Emergency shelters.
- Licensed adult day care centers.



HOW TO APPLY

Individuals:

- Youth or those with disabilities at participating afterschool programs or are living in participating emergency shelters can receive meals automatically.

- Families with infants and children enrolled in child care centers or family day care homes, as well as adults enrolled in adult day centers, are asked to fill out a confidential form with household income information. This form is provided by the facility/home and helps facilities determine how much reimbursement the facility will receive for meals they serve.

Center/Home:

- Day care home providers apply to the CACFP under a sponsoring organization.
- Child care centers can choose to complete an application to the CACFP independently or under a sponsoring organization through OSSE's web-based system, Orchard.
- All organizations and providers interested in participating in the CACFP can view their options here: osse.dc.gov/publication/cacfp-app-process.
- Applications can be completed year-round. Your facility will be assigned a [program specialist](#) to support program operations.



CONTACT INFORMATION

- Email: osse.nutritionprogram@dc.gov (please specify CACFP in the subject line)
- Website: osse.dc.gov/service/child-and-adult-care-food-program-cacfp
- Phone: (202) 727-6436 (parents/guardians/adults: please contact the facility you or your child attends first)



LOCATIONS OF SERVICE SITES

- Child care centers and home providers that participate in the CACFP are listed here: childcareconnections.osse.dc.gov/MyChildCare/home.



WHAT IS THE SFSP?

- The SFSP, is a federally funded, state-administered program. SFSP reimburses program operators who serve no-cost healthy meals and snacks to youth age 18 and younger in low-income areas during summer months.
- The SFSP also operates in the event of an unanticipated school closure, extreme weather event, natural disaster, or any other event that may cause schools to be closed more than two weeks.



WHO IS ELIGIBLE FOR SFSP?

- All youths age 18 and younger can receive no-cost meals at participating meal sites in the community.
- Individuals with disabilities who are older than age 18 and participate in school programs for the mentally or physically disabled can also receive meals at these sites.
- No cost, no sign-up, no registration, and no ID required.



HOW TO APPLY

Families/Youth:

- There is no ID or application required to participate in SFSP.
- All youths in DC age 18 and younger can receive service by visiting any participating open meal site located in the District.

Sites:

- Sites may apply on their own or under a sponsoring organization.
- Site application approval in the SFSP is required.
- Sites that are interested in being part of the SFSP under an approved summer sponsor can contact Shaneka.King1@dc.gov for the list of participating sponsors.

Sponsors:

- The state agency approves sponsor applications, conducts training of sponsors, monitors SFSP operations, and processes program payments. Sponsors sign agreements with their state agencies to run the program.
- Applications through OSSE's web-based system, Orchard, are available each year on Feb. 1. Sponsor applications cannot be accepted after June 15.
- If you are interested in applying for your own site and/or other meal sites, contact Shaneka.King1@dc.gov to discuss the application process.



CONTACT INFORMATION

- Phone: (202) 664-0458
- Email: osse.nutritionprogram@dc.gov (Please specify DC Youth Meals Program in the subject line)
- Website: osse.dc.gov/dcsummermeals



LOCATIONS OF SERVICE SITES

- Text FOOD to 877-877 or call 1-866-3-HUNGRY
- USDA's SFSP site map: www.fns.usda.gov/meals4kids
- Open DCPS and DPR meal sites are listed on coronavirus.dc.gov/food



WHAT ARE SNPs?

The SNPs include the School Breakfast Program (SBP), National School Lunch Program (NSLP), Afterschool Snack Program (ASP), Seamless Summer Option (SSO), Fresh Fruit & Vegetable Program (FFVP), and Special Milk Program (SMP). These programs provide nutritious low- or no-cost meals and snacks to students in the District.

- **SBP:** The SBP provides reimbursement to states to operate nonprofit breakfast programs in schools and residential childcare institutions. OSSE administers the SBP at the state level, and local school food authorities (SFAs) operate the program in schools.
- **NSLP:** NSLP is a federally assisted meal program operating in public, public charter, and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.
- **ASP:** The afterschool snack component of the NSLP is a federally assisted snack service that fills the afternoon hunger gap for school children. At the state level, it is administered by OSSE, which operates the snack service through agreements with local SFAs. SFAs are ultimately responsible for the administration of the snack service.
- **SSO:** SSO makes it easier for schools operating either the SBP or NSLP to feed children during the traditional summer vacation periods and, for year-round schools, long school vacation periods. The schools serve free meals to youth age 18 and younger under the school meal program rules. Meals are reimbursed at the free rates for school lunches, school breakfasts, and afterschool snacks.
- **FFVP:** FFVP is an important tool in our efforts to combat childhood obesity. The program has been successful in introducing school children to a variety of produce that they otherwise might not have the opportunity to sample.
- **SMP:** The SMP provides milk to children in schools and child care institutions who do not participate in other federal meal service programs. The program reimburses schools and institutions for the milk they serve.



WHO IS ELIGIBLE FOR SNP?

Residents:

- Students enrolled in participating schools and residential child care institutions (RCCIs).

Organizations:

- DCPS, public charter schools, private schools, and RCCIs.



HOW TO APPLY

Residents:

- Students attending a Community Eligibility Provision (CEP) school do not have to apply. Meals served at CEP schools are provided at no-cost to students.

- Students attending a school that offers free, reduced-price, and paid meals will need to complete a Free And Reduced-price Meal (FARM) application. This form is confidential. Families can see if their student will receive free or reduced-priced meals using the USDA annual [Income Eligibility Guidelines](#).
 - There is no cost for breakfast at schools that participate in the SBP.

Organizations:

- Eligible schools and RCCIs can apply as an SFA for the NSLP (including the SBP, ASSP, and SSO) or SMP through OSSE's web-based system, Orchard.
- SFAs must apply to participate on an annual basis and are required to meet certain nutrition, meal, and administrative requirements. Applications must



be submitted in [Orchard](#) by Aug. 31 annually. SFAs will be assigned a [program specialist](#) to support program operations.

- CEP schools: Schools that elect to adopt the CEP must not collect FARM applications from families and must provide breakfast and lunch meals to all students free of charge.
- Schools that adopt the CEP are reimbursed using a formula based on the percentage of students categorically eligible for free meals based on their participation in federal nutrition programs such as SNAP or TANF.
- Pricing schools: Schools that do not qualify for or choose to elect the CEP should collect FARM applications from families and charge families at a free, reduced-priced or paid rate dependent on their household income or participation in other federal nutrition programs such as SNAP or TANF. Each SFA sets their school's paid lunch price as part of the application process. School breakfast is free for all DC students enrolled in schools participating in the SBP.
- Pricing schools are reimbursed per meal served at annual rates set by the US Department of Agriculture.

SFAs are eligible to apply to the FFVP if they serve elementary school students, operate the NSLP and are in good standing, and have 50 percent or more of students eligible for free or reduced-priced meals. A separate Orchard application is required for the FFVP.



CONTACT INFORMATION

- Email: OSSE.NutritionProgram@dc.gov (please specify School Nutrition Programs in the subject line)
- Website: osse.dc.gov/service/nutrition-services
- Phone: (202) 727-6436 (families: please contact the schools directly first before using general phone line)



LOCATIONS OF SERVICE SITES

- DCPS and DC Public Charter Schools participate in the school meal programs. Private schools and RCCIs can participate as well.
- Families are encouraged to reach out to their child's school to learn more about their school's participation in federal school nutrition programs.
- Schools may contact OSSE to see if they are eligible.

WHAT IS THE DEPARTMENT OF AGING AND COMMUNITY LIVING (DACL) AND LEAD AGENCIES?

DACL provides leadership for programs for older adults funded by the Older Americans Act to improve health, address hunger, and support independence and cognitive functioning. These services are provided directly through six Lead Agencies, which are neighborhood-based resource centers that administer programming and services to older adults and are located across the District.

WHAT ARE NUTRITION PROGRAMS FOR OLDER ADULTS?

In order to thrive, you need food that tastes good and is good for you. Nutrition programs for older adults are designed for adults age 60 and older and adults with disabilities. Services offered include community dining (currently closed due to COVID-19), home-delivered meals, nutrition screening, nutrition counseling, nutrition supplements and nutrition education.

WHO IS ELIGIBLE FOR NUTRITION PROGRAMS FOR OLDER ADULTS (DACL)?

- **Home-Delivered Meals:** Adults 60 and older, the spouses of homebound adults, or disabled persons who reside with these homebound adults may be eligible to receive home-delivered meals. You must first be screened by the Department of Aging and Community Living (DACL).
- **Community Dining:** Any Adult 60 and older, the spouses of homebound adults, or disabled persons who reside with older adults are welcome. These meals are nutritious and are served in community settings such as senior centers, senior housing, or churches (Note: currently, community dining is closed due to the Public Health Emergency).
- **Nutrition Supplements:** Adults 60 and older with a physician's prescription or dietitian assessment that determines unintentional weight loss, frailty, underweight or a condition that interferes with nutritional intake may all qualify for medically therapeutic liquid nutrition supplements including Ensure Plus, Boost Glucose Control, and Nepro.
- **Nutrition Counseling:** Nutrition Counseling is an important part of the prevention and treatment of many diseases and conditions. A Lead Agency Registered Dietitian Nutritionist or Licensed Nutritionist can offer support for improving your nutritional status based on your needs. This one-on-one dietary guidance is tailored to each individual and involves an evaluation of nutritional history, current dietary intake, medication use, or chronic illnesses.
- **Nutrition Education:** Nutrition Education programs are designed to promote better health and well-being by providing accurate and culturally sensitive nutrition, physical fitness, or health information and instruction to participants and caregivers in a group or individual setting, supervised by a Lead Agency Registered Dietitian or Licensed Nutritionist.



HOW TO APPLY

- Call Information and Referral: (202) 724-5626.
- Staff will begin the client application process and refer clients to their local [Lead Agency](#) (TERRIFIC, Inc. for Wards 1,2, and 4; IONA for Ward 3; Seabury for Wards 5,6; East River Family Strengthening Collaborative for Wards 7,8) to receive services.

CONTACT INFORMATION

- Phone: (202) 724-5626
- Email: dacl@dc.gov
- Website: dacl.dc.gov/service/nutrition
- Instagram: [@dcagingnews](https://www.instagram.com/dcagingnews)

LOCATIONS OF SERVICE SITES

- There are 46 [Community Dining Sites](#) found throughout the District. (Note: Sites are currently closed due to the Public Health Emergency)
- There are three Adult Day Health Centers open for in person programming: Genevieve N. Johnson Zion Adult Day Care, Iona Senior Services operates two Adult Day Care Programs including Iona Washington Home Center and Iona Wellness & Arts Center.
- There are six [Senior Wellness Centers](#) open for in person activities: Bernice Fontenau, Hattie Holmes, Model Cities, Hayes, Washington, and Congress Heights.
- Virtual services including online fitness and wellness classes, workshops, support groups, can be accessed through dacl.dc.gov under the “DACL Events” tab or at daclvirtualevents.splashthat.com/.

WHAT IS THE SENIOR FARMERS' MARKET NUTRITION PROGRAM (SENIOR FMNP)?

- Senior FMNP helps seniors, age 60 and older, to buy fresh and local fruits, vegetables, cut herbs and honey from approved farmers and receive nutrition education.
- Eligible residents receive benefits on an checks that they can use to buy fresh fruit, vegetables, and herbs at Senior FMNP-accepting farmers' markets.
- The WIC FMNP season runs from June 1-Oct. 31.



WHO IS ELIGIBLE FOR SENIOR FMNP?

- Seniors, age 60 and older
- DC residents
- Household income less than Income 130 percent of Federal Poverty Level
- If you receive Commodity Supplemental Food Program (Grocery Plus) in DC, you also qualify for Senior FMNP in DC
- In order to receive Senior FMNP benefits, a resident must be enrolled in the Commodity Supplemental Food Program (Grocery Plus)



HOW TO APPLY

- To apply for the Commodity Supplemental Food Program (Grocery Plus), residents can call the Grocery Plus hotline at (202) 644-9880.
- More information can be found on Capital Area Food Bank's website [here](#).



CONTACT INFORMATION

- Phone: (202) 644-9880
- Website: capitalareafoodbank.org



LOCATIONS OF SERVICE SITES

- The Capital Area Food Bank provides Senior FMNP checks at 71 senior sites in the District. Call (202) 644-9880 for information on locations of service sites.



D.C. Hunger Solutions

Ending hunger in the nation's capital

DC | HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA



DC | DEPARTMENT *of*
HUMAN SERVICES

 **DACL**
DEPARTMENT OF AGING AND COMMUNITY LIVING
LIVE BOLDLY

