

# Nutrition Programs

## *Ludlow Senior Center Nutrition Program*

The Ludlow Senior Center Nutrition Program provides lunches Monday thru Friday. Lunch is served at 12:00 pm, and we recommend that you arrive at least 15 minutes prior to serving. Reservations must be made in advance and all must be made prior to 9:00 am on the date you wish to attend. Cancellations should be made as soon as possible. The meal, which includes main dish, vegetables, bread, dessert and coffee or tea, costs \$2.00 and is open to seniors 60+ or people with disabilities.

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## *Meals on Wheels*

Meals on Wheels is provided locally by WestMass Eldercare, Inc. They deliver meals to elders 60 or over who are frail, ill, or disabled. Meals are generally brought at lunchtime Monday through Friday with supper and weekend meals available in some areas. The suggested donation for these meals is \$2.25.

For more information regarding meal delivery, contact WestMass Eldercare, Inc. at 538-9020.

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## *Brown Bag Program*

Brown Bag helps supplement the food budgets of low-income people; 55 years of age or older or those who have a documented disability for which they receive SSDI (Social Security Disability Income, by providing a bag of groceries monthly. Participants receive a 10-15 pound bag of nutritious food each month, as well as a newsletter with up-to-date information on nutrition and health.

Households that participate in the following programs also meet the income requirement for the Brown Bag: Food Stamps, TANF, WIC, Welfare, Medicaid (MassHealth), Supplemental Security Income, Head Start, Fuel Assistance or

Veteran's Aid. These individuals must also meet the **age** requirement to participate in the Brown Bag program.

Because Brown Bag sometimes includes USDA food, a guideline for eligibility is used:

People in your Household:	Annual	Monthly	Weekly
<b>1</b>	<b>20,036</b>	<b>1,670</b>	<b>386</b>
<b>2</b>	<b>26,955</b>	<b>2,247</b>	<b>519</b>
<b>3</b>	<b>33,874</b>	<b>2,823</b>	<b>652</b>
<b>4</b>	<b>40,793</b>	<b>3,400</b>	<b>785</b>

If you qualify and would like to participate in the Brown Bag Program, call Carla at **583-3564** or visit us at the Ludlow Senior Center to complete an application. There is a suggested donation of \$3.00 a month, but no one is turned away for inability to pay.

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## *Food Stamp Program*

How to Apply: To apply for Food Stamp Benefits, please fill out an application and return it to the Massachusetts Department of Transitional Assistance. You should mail, fax or take the application to the Department of Transitional Assistance Office that serves your city or town. If you are not sure where the office is located, please call **1-866-950-FOOD** or visit their website at [www.mass.gov/dta](http://www.mass.gov/dta).

Things you must provide, if they apply to you, to receive Food Stamp Benefits:

- 1. Proof of Identity:** Driver's license, birth certificate, or other proof of your identity.
- 2. Proof of Massachusetts Residence:** Mortgage, tax, home insurance or utility bills, rent receipt or lease. Certain households may not be able to reasonably verify residency.
- 3. Earned Income:** Pay stubs or written statement from employer showing income before taxes for the past four weeks.

- 4. Other Income:** Most recent copy of Social Security check or copy of award letter, proof of unemployment, worker's compensation, pension, child support or alimony.
- 5. Self-Employment:** Most recent federal tax return (Schedule C Form) or last three months of business records.
- 6. Rental Income:** If you get paid by someone else who rents a room or apartment from you, a copy of the lease agreement or statement from your tenant showing the amount of rent paid.
- 7. Noncitizen Status:** For all non-US citizens applying for food stamp benefits, alien registration card or other immigration document.
- 8. Bank Accounts:** Most recent checking account statement, updated savings passbook, credit union records, stocks, bonds, CDs or IRA and Keogh accounts.

Things you may provide, if they apply to you, to receive higher food stamp benefits. Food stamp rules allow you to deduct certain expenses from your countable income. If you give proof of any of the expenses from the list below, you may be able to receive higher food stamps benefits.

- 1. Shelter Costs:** The amount you pay for shelter can be shown by your rent receipt or lease agreement. Homeowners can verify through their mortgage statement, tax or home insurance bills.
- 2. Utilities:** The type of utility expenses you pay can be shown by bills for oil, gas, electricity, telephone (including cellular phone), or other utility expenses such as garbage disposal, wood or coal.
- 3. Medical Expenses:** If you or anyone in your household is age 60 or older or has a certified disability, the amount you pay for medical expenses can be shown by receipts for co-payments or premiums on health insurance, dentures, eyeglasses, hearing aid batteries, prescription medications, doctor-prescribed pain relievers, over-the-counter drugs, and transportation that you pay for to get to medical services.
- 4. Child Care of Adult Dependent Care Services:** The amount you pay for dependent care services can be shown by a written statement from your child care

provider, or a canceled check or money order paid to the child care provider.

- 5. Child Support Payments:** If you make child support payments to someone not living with you, show proof of the legal obligation to make the payment and the amount paid.

After your interview, you will get a list of things you will need to show us. **Pay stubs, utility bills and other proof must not be more than four weeks old from the day that you turn in your application.**

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## *Survival Center Outreach Program for Senior Citizens*

One time per month, the Survival Center located at 240 Main Street in Indian Orchard, allows Senior Citizens to go through the center and check their large selection of clothing and household goods. They also have a food program that you can sign up for, all you need to bring the first time is identification, something with your current address on it, verification of income and a rent receipt if you live in an apartment. If you would like more information on the special programs available at the Survival Center call Holly at 543-3930.

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