Food Security and Nutrition for a Healthy Body & Mind
Food Services and Programs

- Home Delivered Meals
- Neighborhood Meals
- Vouchers
- Commodity Supplemental Food Program
Home Delivered Meals

• Frozen meals on a biweekly basis
• 10 meals per delivery
• Meals are planned by a professional nutrition staff
• Eligibility: homebound and unable to prepare meals, have limited mobility or support systems, and meet one of the following eligibility criteria:
  – At least 60 years of age; or
  – The spouse of someone at least 60 years of age
Neighborhood Meals

• Lunch Monday – Friday
• Various locations across Central Indiana
• For those at least 60 years of age
• Includes much-needed social interaction
Vouchers

- Provides vouchers for participating restaurants, hospitals, and cafeterias.
- Up to eight vouchers per month
- For those aged 60 and over
Commodity Supplemental Food Program

• Partnership between CICOA and Indiana State Department of Health

• Boxes of nonperishable food

• Eligibility based on age, income, and residency
Home-Delivered Meals

Meals are prepared using only the freshest ingredients and then frozen to preserve flavor and quality. Delivered bi-weekly, each meal in the 10-count variety pack is nutritionally balanced, portion-controlled and easy to prepare. With so many delicious options, you won’t know which one to eat first. Most meals can be ready to serve in as little as 10 minutes. Simply defrost, heat and eat.

Each menu is carefully planned by a registered dietitian, trained chef and professional nutrition staff experienced in working with older adults. CICOA offers a nutritional analysis of all menus to empower health-conscious consumers who may be watching calories, fat, carbohydrates, sodium, fiber or calcium.

To receive home-delivered meals, individuals should be homebound and unable to prepare meals, have limited mobility or support systems, and meet one of the following eligibility criteria:

- At least 60 years of age; or
- The spouse of someone at least 60 years of age

Hot, daily meal delivery also is available in some locations. Contact CICOA for more information.

Though meals and vouchers are offered free of charge, we do count on contributions to help us serve more people. The recommended donation amount is $3.00.

Neighborhood Meals

CICOA serves a nutritious lunch Monday through Friday for those at least 60 years of age at various locations across Central Indiana. The neighborhood meal gives participants an opportunity for much-needed social interaction.

Vouchers

CICOA offers a voucher program that enables individuals age 60 and over to have increased flexibility in their dining choices. Older adults can receive up to eight vouchers per month that may be redeemed for breakfast, lunch or dinner at participating restaurants, hospitals and cafeterias.

Commodity Supplemental Food Program

CICOA and the Indiana State Department of Health have teamed up to provide USDA food to help meet the nutritional needs of low-income older adults in Marion County. The U.S. Department of Agriculture's Commodity Supplemental Food Program (CSFP) provides boxes of nutritional, nonperishable food, such as canned fruits and vegetables, cold cereal, cheese and bottled juice. Eligibility is based on age, income and residency.
Quick & Healthy Go-To Meals

- Breakfast & Snack Ideas
- Wrap Your Way!
- Fish with Veggies
- Baked Apple
### Breakfast: Base and Toppings

#### Base

<table>
<thead>
<tr>
<th>Oats or Yogurt</th>
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</thead>
<tbody>
<tr>
<td>Oats</td>
</tr>
<tr>
<td>Yogurt</td>
</tr>
</tbody>
</table>

#### Toppings

- Berries
- Bananas
- Apples
- Granola
- Nut butter
- Honey
- Coconut flakes
- Cinnamon
- Nuts & Seeds

**Recipe idea:** Overnight oats are an easy way to prepare your breakfast the night before! Mix milk or water, rolled oats (2:1 ratio of liquid to oats), and chia or flax seed and stir. Add other ingredients to make it flavorful. Let it sit in the refrigerator for at least 4 hours (or overnight). Add toppings as desired and enjoy hot or cold!
# Lunch: Wrap Your Way!

<table>
<thead>
<tr>
<th>Tortilla</th>
<th>Whole Wheat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>or Beans</td>
</tr>
<tr>
<td>Extras</td>
<td></td>
</tr>
<tr>
<td>• Leftover veggies</td>
<td>• Corn</td>
</tr>
<tr>
<td>• Premade salad mix</td>
<td>• Salsa</td>
</tr>
<tr>
<td>• Hummus</td>
<td>• Brown rice</td>
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</tbody>
</table>

- **Tortilla**
- **Protein**
- **Extras**
# Dinner: Fish with Steamed Veggies

<table>
<thead>
<tr>
<th>Fish</th>
<th>Salmon or Tilapia</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Veggies</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frozen in steam bags</td>
</tr>
<tr>
<td></td>
<td>Fresh</td>
</tr>
<tr>
<td></td>
<td>Canned</td>
</tr>
</tbody>
</table>

**Recipe tip:** Fish can be topped with different flavors to make a variety of tasty dishes. Try out different toppings such as crushed almonds, honey mustard, or lemon pepper!
**Dessert: Baked Apple**

<table>
<thead>
<tr>
<th>Apple</th>
<th>Any variety will work, but some types will cook better than others:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Fuji</td>
</tr>
<tr>
<td></td>
<td>• Granny Smith</td>
</tr>
<tr>
<td></td>
<td>• Honey Crisp</td>
</tr>
<tr>
<td></td>
<td>• Jonagold</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Toppings</th>
<th>• Cinnamon</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Maple Syrup</td>
</tr>
<tr>
<td></td>
<td>• Pinch of brown sugar</td>
</tr>
</tbody>
</table>

Recipe idea: Baked apples can be made in the oven, but they take a while to cook. For a quicker dessert or snack, cut up an apple into slices or pieces and place in a microwave-safe container. Add some toppings and microwave until soft!
Additional Resources

- Caregiver Nutrition Tip Sheets
- Community Compass
Caregiver Nutrition Tip Sheets

Nutrition & Activity Tips

Check out these handy tips and ideas about aging, nutrition and activity from the CICOA Meals & More service.

- 10 Ways to Eat More Fruits and Vegetables
- Activity Tips
- Grocery Shopping Tips
- Healthy Snack & Drink Ideas
- Helping Your Loved One Maintain Independence with Self-Feeding
- How to Help a Person Living with Dementia Avoid Dehydration
- Mealtime Tips

Crunchy Snacks

- Yogurt with chopped fruit and ground flaxseed
- Sliced apples, celery or carrots with peanut butter or nut butter
- Sliced pears, 1 oz of sliced cheese, a few nuts
- Almonds, walnuts, or other nuts
- Trail mix: Cheerios or wheat chex, nuts, dried fruit
- Fresh vegetables with yogurt-based dip
- Celery and milk
- Roasted Chickpeas with cilantro
- Jicama brushed with lime juice
- Pickled carrots or cucumbers in white vinegar
- Broccoli and cauliflower with hummus
- Rice paper spring rolls with water chestnuts, carrots, and sprouts
- Whole wheat tortilla with avocados and refshes

Dental-Friendly Snacks

- Oatmeal or other hot cereal with fresh fruit, frozen fruit, or nut butter
- Ethiopian flat bread with veggie dip
- Hummus and whole wheat pita with grated carrots
- White bean dip and whole wheat pita with cherry tomatoes
- Mango slice sprinkled with chili powder
- Frozen bananas with nut butter
- Frozen grapes with plain yogurt
- Low-fat cottage cheese and pears
- Grills with steamed collard greens
- Korean vegetable pancakes
- Hard-boiled egg
- Nori rolls added sesame seeds with cinnamon
- Slice of turkey dell meat on whole wheat bread with hummus
- Low-fat string cheese
- Chees Pudding: Low-fat milk with 1 tablespoon chia seeds and blueberries
- Miso soup
Community Compass™
Help for finding food assistance in Marion County.

Community Compass is a free resource to help those who need food assistance. With Community Compass, you can find:

- Free Meals
- Free Groceries
- WIC Retailers
- WIC Clinics
- SNAP Retailers
- SNAP Providers
- Information on SNAP, WIC, and other programs
- Free Events and more

The Community Compass website is available in these languages to ensure that food assistance is available to all who need it:

- English
- Hakha Chin
- Arabic
- Karen
- Burmese
- Spanish
- Chinese
- Swahili
- French
- Yoruba
- Haitian Creole

Now, there are three ways to get help.

1. On your computer.
   - Visit the Community Compass website at communitycompass.app.
   - The website is available in English, Arabic, Burmese, Chinese, French, Haitian Creole, Hakha Chin, Karen, Spanish, Swahili and Yoruba.

2. On your smart phone.
   - Go to the App Store or Google Play.
   - Search for “Community Compass.”
   - Download and install it (it’s free).
   - Start using to find food assistance you need.
   - Questions? Chat with Shelly!

3. Don’t have a smart phone?
   Text “hi” to 317-434-3758 to find assistance.

Questions?
Visit indyhunger.org/compass and watch our instructional videos.
Questions & Answers
Let’s Be Social

Facebook: CICOA Aging & In-Home Solutions
Linkedin: CICOA Aging & In-Home Solutions
Twitter: @CICOA
Instagram: @CICOA Indiana
Thank you!

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Indianapolis, IN 46240-4359
317.254.5465
800.489.9550

cicoa.org

Aging & Disability Resource Center
317.803.6131
317.254.3660
800.432.2422