



Serving Eastern Maine
Since 1973

Eastern Area Agency on Aging

Nutrition Improvement Program

Do you have enough food to eat?
Are you concerned about your nutrition?
Do you know who to call for help?

Call us! WE can help you.

We'll discuss the reasons that you
don't have enough food
and find solutions together.

We'll let you know of all the different
ways and places you can get meals.

We'll help you with paperwork
and applications for food assistance.

And we'll give you some great idea
on how to eat a balanced diet on
a limited budget.



Do these statements feel familiar?

- I worry my food will run out before I get money to buy more.
- I can't afford to eat a balanced meal.
- I eat smaller meals or skip meals.
- I eat less than I should because my medicines cause me difficulties.
- Even if hungry, I don't eat because I don't like to eat alone.
- I have lost or gained weight (more Than 10 lbs.) without trying to.
- I have gone a whole day without eating.

Tell us more ...

- I receive SNAP benefits.
- I receive Senior Farmers' Market Nutrition Program Vouchers
- I attend a congregate meal site.
- I receive food from food banks or pantries.
- I receive other help from my family, church or other community resources.



**Eastern
Area Agency on Aging**
1-800-432-7812
eaaa.org