

Research shows that, when you need home-delivered meals, the meals can improve your nutrition, function, and well-being.

- If the screening identifies nutrition risks, then you need an assessment to determine the causes. The assessment should include your: medical history, medicines, diet, oral health, swallowing ability, physical and cognitive function, digestive and brain health conditions, body measurements, laboratory analysis, and social aspects of your life.

Based on the assessment, you may need a unique set of solutions that could involve:

- Providing snacks, and, perhaps, nutrition supplements
- Improving meals
- Treating oral health problems
- Managing medicines or therapies to control symptoms
- Treating depression
- Promoting social interaction
- Connecting to nutrition assistance programs

Improve Meals

Steps to improving your meals may include:

- Getting advice about your diet
- Improving the quality of your meals:
 - » Eat a variety of nutritious foods

- » Make fruits and vegetables central to your diet
- » Eat nuts, legumes, and whole grains
- » Eat fish
- » Eat/drink low-fat dairy products
- » Limit refined foods and sugar
- » Reduce salt intake

- Improving your eating environment
- Getting assistance with eating when needed

Use Federal Nutrition Assistance Programs

If you are age 60 and over, you and your spouse of any age may be eligible for [OAA nutrition programs](#). To be eligible for home-delivered meals, you must need to remain at home, or be frail, or isolated.

OAA nutrition programs:

- Provide healthy food
- Promote socialization
- Improve health and well-being
- Offer nutrition screening and education
- Offer, when appropriate, nutrition assessment and counseling
- Make it possible to remain at home