

ONE VILLAGE ONE FAMILY

HOMELESS GEAR



Health and Nutrition Handbook

Updated May 18, 2015

FOOD AND MEDICAL ASSISTANCE

Several federal, state and local organizations in Colorado provide food and medical assistance to those in need. The information below provides a short overview of places to call or websites to visit for your benefit.

FOOD ASSISTANCE

Food Stamp Program/Supplemental Nutrition Assistance Program (SNAP) The Supplemental Nutrition Assistance Program provides financial assistance for purchasing food to low income families and individuals. To apply visit <https://peak.state.co.us/selfservice/>, click, 'Apply for Benefits' and fill out an application. You can apply online or turn it in to your local SNAP office. To find your local office, visit <https://peak.state.co.us/selfservice/> and click on Services by County. You can also call the U.S. Department of Agriculture (U.S.D.A.) at (800) 221-5689, or visit their website at www.fns.usda.gov, click Food and Nutrition Service, and then Food Stamp Program. You can also visit www.govbenefits.gov.

Women, Infants, and Children (WIC) Program

Contact your local WIC office. For help finding it, go to www.wicprograms.org/state/colorado. Other resources are the USDA Food and Nutrition Service, which you can call at (703) 305-2746 or visit at www.fns.usda.gov, click Food and Nutrition Service, and then Women, Infants, and Children.

School Breakfast, Lunch and Summer Food Programs

You can contact your child's school and ask about these programs, or call the Food Research and Action Center at (202) 986-2200. You can also find more information online, at www.frac.org. If you need more help learning about summer food programs, contact the National Hunger Hotline at (866) 348-6479 to see what is available in your community.

Senior Nutrition Programs

To find local organizations providing low-cost meals for seniors, contact local agencies or nonprofit groups organized for seniors. For help finding these, go to www.mealcall.org, click on Search Meal Program Locations, then select Colorado, and click on your city or town. If yours is not on the list, click on whichever one is closest.

Food Banks

To find local food banks, go to www.whyhunger.org/findfood and type in your city or zip code. You can also call their National Hunger Hotline at (866) 348-6473 to see what is available in your community. You can also go to www.feedingamerica.org, click on Colorado underneath In Your Community, and then select View All.

Local Resource: In Northern Colorado, the Larimer County Food Bank has locations in Fort Collins (1301 Blue Spruce Drive) and Loveland (2600 N. Lincoln Avenue). Visit at www.foodbanklarimer.org. A list of other food pantries is also available on the food bank website.

Share Our Strength Cooking Matters Colorado

Share our Strengths Cooking Matters is a nutrition education program that teaches participants how to shop smarter, use nutrition information to make healthier food choices, and cook delicious affordable

meals all while being on a budget. The courses cover meal preparation, grocery shopping, food budgeting, and nutrition. Please contact your local service organizations for more information. For additional questions you may also contact Cooking Matters Colorado (303)892-8480. You can also go to www.cookingmatters.org

Local Resource (Loveland): The Loveland Community Kitchen (437 North Garfield Avenue) offers hot meals 7 days a week, lunch time week days and Saturday and Sunday from 3-4. Continental breakfast served Monday-Friday. They also provide to-go bags upon request. Check out www.lovelandcommunitykitchen.org

Local Resource (Loveland): The Loveland Rotary Kids Pak is a weekend hunger relief program for homeless and low-income children in the Thompson School District. <http://www.lovelandrotrarykidspak.com/>

Local Resource (Fort Collins): In addition to its standard food distribution program, the Food Bank for Larimer County operates a weekend hunger relief program (the McBackpack program) for homeless and low-income children in the Poudre School District *and* Kids Café: free hot dinners for children and low-cost meals for parents. Check out <http://www.foodbanklarimer.org/child-nutrition/> for more information.

Local Resource (Fort Collins): Catholic Charities (460 Linden Center Drive in Fort Collins) serves a free lunch every afternoon at 12:00 PM, and the Fort Collins Rescue Mission (316 Jefferson Street in Fort Collins) serves a free dinner every evening at 5:30 PM.

Local Resource (Fort Collins): FoCo Café (225 Maple Street in Fort Collins) serves a pay-what-you-can, locally-produced, healthy lunch to patrons from 11 AM to 2 PM, Monday thru Saturday. <http://fococafe.org/>

MEDICAL ASSISTANCE

Medicaid

To learn more and obtain applications about many Medicaid programs, go to <http://www.colorado.gov/hcpf>. You can also apply online at <https://peak.state.co.us/selfservice/>. If you need to speak with somebody in your community about the process of applying call 303-866-5700 or e-mail cdhs.communications@state.co.us.

Medicare

Medicare provides access to health insurance for individuals who are over the age of 65, and younger individuals with disabilities. To apply or to read the details, call 1-800-MEDICARE, or go to: <http://www.medicare.gov/>.

Child Health Plan Plus

This program is designed for many Coloradan children and pregnant women who do not have health insurance, are not eligible for Medicaid, and whose household income is less than 250% of the Federal Poverty Level. You can both learn more and apply at: <http://www.cchp.org/>. You can contact them by phone at (800) 359-1991.

Community Health Centers

Health Centers can be beneficial to individuals who currently do not have health insurance. The Colorado Community Network can provide you with information regarding your local health centers. You can access the Colorado Community Health Network online at www.cchn.org, and www.needymeds.org. The websites provide information on health and dental centers across the state. You can also get more information by calling them toll free at (800) 503-6897.

Local Resource: Salud Health Center offers medical care at low cost and works with Medicaid. Visit www.saludclinic.org or call 970-494-4040.

Local Resource: The Health District of Northern Larimer County offers mental health, physical health, dental, prescription and preventative health care for low-income families. Visit www.Healthdistrict.org or call 970-224-5209.

Local Resource: The Christ Clinic, based out of Faith Evangelical Free Church offers free medical primary care for patients. www.christclinicfc.org or 970-481-2390

ORGANIZATIONS THAT CAN HELP WITH THE APPLICATION PROCESS

Hunger Free Colorado

Hunger Free Colorado provides information on school lunches, breakfasts, and summer programs. They also provide advice on applying for food stamps or WIC. The Hunger Free Hotline (855-855-4626) can provide you with information regarding local foodbanks and senior living plans. You can also go to www.hungerfreecolorado.org.

2-1-1 United Way

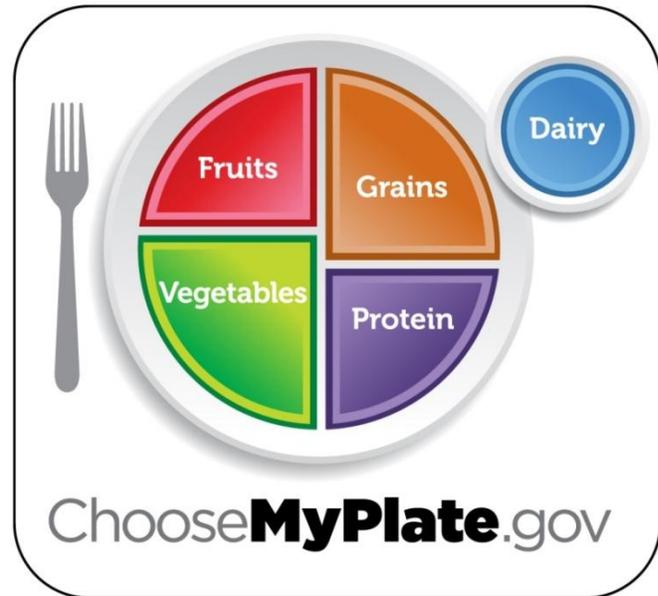
The 2-1-1 United Way program is available to those in need of assistance in human services including finding food pantries or other organizations to help you in your community. Dial 2-1-1 to learn more about what is available, or go to www.211us.org.

DIET

The Federal Government recently came out with a new healthy meal guide called Choose My Plate. The image below is a guide to the types of food, and recommended serving sizes you should have in your daily diet. Some of the important points are:

Balance Calories:

- Always make an effort to eat the recommended portion sizes for meals. Keeping an eye on the servings per portion can make a significant difference in your caloric intake.
- Being mindful of the pace at which you are eating can also have an impact on your caloric intake. It takes about twenty minutes from the time you start eating until your brain can signal whether or not you are full. Eating at a more relaxed pace can help you avoid eating excess calories.



Foods to Increase:

- Increasing your intake of fruits and vegetables can have a significant positive impact on your overall health. Fruits and vegetables are essential parts of a balanced diet, and contain the vitamins and nutrients that are necessary to keep your body healthy.
- Paying attention to what kind of grains (bread, rice, noodles) you consume can also have a major impact on your health. Whole grains contain a variety of vitamins that white grains are missing, and they reduce the risk of heart disease, cancer, and diabetes.
- Low fat and fat free dairy products can also contribute to the overall reduction of calories in your daily diet. They have the same amount of calcium and other essential nutrients as whole milk or regular dairy food, but fewer calories and less saturated fat.

Foods to Reduce:

- Reducing your sodium intake can have a major impact on your overall health. A low sodium diet can decrease your blood pressure, and lessen your risk of cardiovascular disease.
- Avoiding drinks with high sugar content can also help cut down your caloric intake. High sugar drinks such as soda contain a significant amount of calories, and these drinks do not give you the same feeling of being full as consuming food with an equal amount of calories. These types of drinks can contribute to weight gain, and can also increase the chances of developing diabetes. Avoiding fast food can have a significant impact on your overall health. Fast food is high in calories, trans fat, saturated fat, and sodium. Reducing, or eliminating, fast food from your diet for other healthier food options is a choice that can lead to better health.

PHYSICAL ACTIVITY

Being physically active is an essential part of living a healthy life. The government provides information on being physically active at: <http://www.choosemyplate.gov/physical-activity.html>.

Why Be Physically Active

Being physically active will make your body stronger, and can improve your overall health. Physical activity can help you maintain your weight, reduce the risk of cardiovascular disease, reduce the risk of Type 2 diabetes and metabolic syndrome, and reduce the risk of some cancers. Additionally, physical activity can improve bone strength, muscle strength, and can improve your overall mental health and mood.

How to Be Physically Active

- Walking is a great way to be physically active. Walking for up to thirty minutes a day has numerous health benefits including improving blood circulation, lowering cholesterol, and reducing the risk of heart attack and stroke.
- Aerobic exercise such as running and biking also has positive health benefits. Both running and biking put a lot of your body's muscles to work, and they also burn a significant amount of calories.
- Exercising your muscles is also an important form of physical activity. Muscle exercises can build stronger muscles and can lead to better joint functioning.
- Stretching can improve your performance in all forms of physical activity. Stretching helps avoid injury, and leads to better overall muscle health.

What to Reduce

As it has been mentioned above, physical activity has many beneficial effects on your overall health. Reducing inactivity and replacing it with physical activity will lead to significant positive health benefits.

Deciding Your Own Goal

After reviewing this handbook with your mentor, talk with them about goal setting. Your goal can be as simple as eating more fruits and vegetables, walking 10 minutes a day, or anything else you think can help. When you pick a goal, discuss the steps to reach it, and write them down. Decide when to see if you've reached the goal. Usually it will be your next meeting. Also talk about how to keep track of making it to the goal. When meeting with your mentor to see if you've reached your goal, you can celebrate the progress you have made. Remember, some is better than none, and you can continue working to be healthier and happier.

Family Exercise Plan

Family Activities:

Inside	Outside

Individual Activities:

	Adult	Adult	Child	Child	Child	Child
Monday						
Tuesday						
Weds						
Thurs						
Fri						
Weekend						
Weekend						
Extras						

Extras						
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YOUR MENTEE’S GOALS - Mentor guide for Nutrition Handbook

- Go through your mentee’s resource together and discuss what food assistance resources could help them at this time. Pick a resource that would benefit them, and remind them that they can always look into more resources if need be.

Resource suggestions:

- Encourage your mentee to make small, proactive changes in their lifestyle that will benefit their health. Remind them that small changes are more beneficial than making no changes. Help the mentee set a goal, and help then stick with the goal.

First small step that could be taken: _____

First desired goal: _____

- Ask the mentee if they have any questions about the information they have received in this guidebook. Remind the mentee that you are here to help them. Encourage the mentee that a little positive change is better than none, and that each small improvement can lead to bigger overall change.

One thing that encourages me to reach my goal is:

NOTES: