

NUTRITION TO GO

RHODY RESOURCES FOR SENIORS

The holidays can be a hard time for some people. There may be extra costs with holiday meals and traditions, or even just higher utility bills to heat your home. Some people can feel lonely if they do not live near family during these times. Luckily, whatever help you may need, there are many different resources and programs to help you get what you need all year long!



GETTING HELP TO STRETCH YOUR FOOD DOLLAR

There are programs in Rhode Island that can help you get more food for less.



The Point is a free resource available to seniors. It connects you with a specialist who can help you find what you need in your community. Resources include helping to apply for programs such as the Supplemental Nutrition Assistance Program (SNAP) or Senior Farmers Market Coupons, or programs related to healthcare. To reach a specialist call **2-1-1** or **(401)-462-4444**, or visit the website:

<https://www.uwri.org/2-1-1/the-point/> .



Meals on Wheels of Rhode Island is another great resource that focuses on helping people age 60 or older have better access to food. There are several different programs, including home-delivered meals and hot meal sites. More information about these programs can be found by calling **(401)-435-6700**, emailing info@rimeals.org, or visiting the website:

<https://www.rimeals.com> .



Do you need a ride to the grocery store or the doctor's office? The Rhode Island Public Transit Authority (RIPTA) can help seniors.

Seniors may be able to get discounted rates for bus fares. Some seniors take part in the RIde Paratransit Program, which lets seniors make reservations for ride service throughout the state. For more information, call **(401)-461-8130**.



DO YOU NEED EXTRA HELP WITH GROCERIES THIS MONTH?

Food pantries are a great way to help you get extra food when times are tough. Rhode Island has many food pantries across the state run by different organizations and groups. Food pantries may have different practices, from the amount of choice given to clients, who they can serve, and what foods are available. Pantries also have different days and hours that they are open, so check before you plan your visit.

To find a food pantry near you, visit:

<https://rifoodbank.org/find-food/> .

You can also find more information by calling **2-1-1**.



FARMERS MARKET RESOURCES FOR SENIORS

Many people do not know that Rhode Island has a winter farmers market on Saturdays from 9am- 1pm. When you visit, be sure to use the **Bonus Bucks** program, which gives shoppers a 100% bonus for every dollar spent on fruits and vegetables using SNAP (Supplemental Food Assistance Program, also known as food stamps). This means that you can get twice as many fruits and vegetables for the same price! Visit the winter farmers market to get a great deal.



Providence Winter Farmers Market

10 Sims Avenue
Providence, RI 02909
Saturdays from 9am to 1pm



Age-Friendly
RHODE ISLAND
An initiative of Rhode Island College

www.agefriendlyri.org

Looking for a place to connect with others
and watch some nutrition education videos?

Age-Friendly Rhode Island has a virtual
senior center. There are tutorials online to
help you use the website.

This website can also help you find a senior
center near you.