



Healthy food, healthier outcomes for veterans



Local help and resources are available

For many veterans, food insecurity leads to an unhealthy diet. But there are people and resources in your community that can help.

Do you find yourself making these trade-offs?

- Eating low-cost, filling foods that are less nutritious
- Choosing a small variety of foods
- Skipping meals to afford prescriptions or medical care
- Skipping meals so others in the household have enough to eat

Food insecurity and your health

Having regular access to healthy food is important to maintaining your health and can help prevent health problems from developing. For veterans, this may mean spending less money on healthcare, missing fewer days from work, improving health, and staying active.



Of the households Feeding America serves, **1 in 5** has at least one member who has served in the military.¹

Higher rates of food insecurity have been reported among veterans who served in Iraq and Afghanistan (**27%**), female veterans (**28%**), homeless and formerly homeless veterans (**49%**), and veterans with serious mental illness (**35%**).²

27%

28%

49%

35%



1.3 million veterans live in a household relying on the Supplemental Nutrition Assistance Program (SNAP) to supplement their food intake.³



Your health and well-being

Having regular access to healthy foods can help decrease your risk of some common and costly health problems, such as:⁴

Seniors

- Asthma
- Congestive heart failure
- Depression
- Osteoporosis
- Hypertension
- Limitations in activities
- Diabetes

Adults

- Arthritis
- Chronic kidney disease
- Depression
- Insufficient sleep
- Diabetes
- Hypertension
- Chronic obstructive pulmonary disease (COPD)

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Healthy food is important for good health



Good news. There are numerous options for resources and support, which may be available to you.



Federally assisted programs

- **Supplemental Nutrition Assistance Program (SNAP)**
Provides money to eligible households to purchase food at participating grocery stores, farmers markets and other retailers. In 2021, the average SNAP monthly benefit was \$216.⁵
www.fns.usda.gov/snap
- **Veterans Service Organizations**
Offers a range of services, including assistance with benefit claims and emergency food assistance.
www.va.gov/vso
- **Seniors Farmers Market Nutrition Program**
Offers vouchers for low-income seniors for farmers markets, farm stands, and community supported agriculture programs.
www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program
- **Commodity Supplemental Food Program**
Serves eligible, low-income seniors with a monthly food package.
www.fns.usda.gov/csfp/commodity-supplemental-food-program
- **Women, Infants and Children (WIC) Program**
Provides money for supplemental foods for eligible pregnant, postpartum and breastfeeding women, as well as children under the age of 5.
www.fns.usda.gov/wic



Resources for eating healthy on a budget

- **USDA ChooseMyPlate: Healthy Eating on a Budget**
Tips and information for meal and grocery planning.
www.myplate.gov
- **Academy of Nutrition and Dietetics: Eat Right**
Fact on nutrition, planning and prepping meals, vitamins and supplements, resources and more.
www.eatright.org/food
- **FoodSafety.gov: 4 Steps to Food Safety**
Guidance on the four simple steps to help keep your family safe from food poisoning at home.
www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety
- **Support from your health plan**
Some health plans may include food assistance and meal delivery. Call the number on the back of your medical insurance ID card to see what benefits may be available to you.

Sources

1. Feeding America, "Fighting for Veterans," June 2018, <https://www.feedingamerica.org/hunger-blog/fighting-for-veterans-1>.
2. Federal Practitioner, "Food Insecurity Among Veterans: Resources to Screen and Intervene," January 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7010340/>.
3. Center on Budget and Policy Priorities, "SNAP Helps 1.2 Million Low-Income Veterans, Including Thousands in Every State," 2021, <https://www.cbpp.org/research/food-assistance/snap-helps-12-million-low-income-veterans-including-thousands-in-every>.



Healthy food is important for good health



Food pantries, home-delivered meals and additional food programs

- **Feeding America Affiliate Food Bank**
Offers local resources for feeding programs in your community. Resources and requirements vary by food bank.
www.feedingamerica.org/find-your-local-foodbank
- **Meals on Wheels**
Arranges free or low-cost home-delivered meals for seniors. Focuses on caring for individuals whose diminished mobility makes it difficult to shop for food, prepare meals or socialize.
www.mealsonwheelsamerica.org
- **USDA National Hunger Hotline**
Provides food resources such as meal sites, food banks, and other social services available.
Call 866-3-HUNGRY (866-348-6479) or 877-8-HAMBRE (for Spanish), Monday – Friday, 7 a.m. – 10 p.m. Eastern time. Text 97779.
- **211 Helpline Center**
Provides community information and referrals to social services. Calls are free and confidential.
Dial 211, 24 hours a day, 7 days a week
www.helplinecenter.org



Additional support services for veterans

- **AMVETS Heal**
Assists veterans who need immediate assistance with ensuring their social health needs and healthcare needs are met, including mental health and specialized services.
Call 833-VET-HEAL (833-838-4325), Monday – Friday, 9 a.m. – 5 p.m., Eastern time.
www.amvetshealprogram.org
- **Disabled American Veterans (DAV)**
Helps veterans access healthcare, education and disability benefits they earned, and connects them to meaningful employment opportunities.
www.dav.org
- **Veteran Crisis Line**
Provides a free, confidential service for veterans in crisis or anyone concerned about a veteran.
Call 800-273-8255 and press 1 or text 838255, 24 hours a day, 7 days a week.
www.veterancrisisline.net
- **Veterans of Foreign Wars (VFW)**
Offers financial assistance and grocery gift cards as well as donates meals and supplies to those at risk.
Call 833-VFW-VETS (833-839-8387) Monday – Friday, 8:15 a.m. – 4:30 p.m., Central time.
www.vfw.org
- **Vets4Warriors Peer Support**
Connects veterans with other fellow veterans to talk anytime.
Call 855-838-8255 (TTY: 711), 24 hours a day, 7 days a week.
www.vets4warriors.com

4. Food Research & Action Center, Hunger & Health, December 2017, <https://frac.org/wp-content/uploads/hunger-health-impact-poverty-food-insecurity-health-well-being.pdf>.
5. U.S. Department of Agriculture, Program Information Report (Keydata), 2021, <https://fns-prod.azureedge.net/sites/default/files/data-files/keydata-september-2021.pdf>.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **800-927-HELP (4357)**, to file a grievance.

Auxiliary aids and services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda'í béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowól.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك

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