

Nutrition & Wellness Checklist

Promote Healthy Eating Habits

- ☐ Eating a balanced diet with the right nutrients can help seniors maintain good health, prevent disease, and improve overall well-being.
- ☐ Consult a registered dietitian for a personalized nutrition plan based on dietary needs and health conditions.
- ☐ Develop a weekly meal plan that includes fiber-rich foods, lean proteins, and healthy fats.
- ☐ Identify farmers' markets and grocery stores that accept SNAP and provide discounts for seniors.
- ☐ Increase hydration by drinking at least eight glasses of water daily to prevent dehydration.
- ☐ Reduce sodium intake to lower the risk of high blood pressure and heart disease.
- ☐ Incorporate calcium-rich foods such as dairy, leafy greens, and fortified cereals to support bone health.
- ☐ Learn to read food labels to make informed choices about sugar, sodium, and fat content in packaged foods.

Enhance Wellness with Active Living

- ☐ Good nutrition works best when combined with an active lifestyle that supports mobility, cognitive function, and emotional well-being.
- ☐ Participate in community exercise programs like senior yoga, chair aerobics, or water fitness classes.
- ☐ Take short walks after meals to aid digestion and improve circulation.
- ☐ Engage in social activities such as group cooking classes or nutrition workshops.
- ☐ Prioritize mental wellness by incorporating brain-boosting foods like nuts, berries, and whole grains.



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- ☐ Maintain routine medical check-ups to monitor nutritional health and vitamin deficiencies.
- ☐ Join a local senior wellness group to stay motivated and engaged in healthy living practices

Apply for Food Assistance Programs

- ☐ Ensuring access to healthy food is crucial for seniors on a fixed income. Government and community programs help provide nutritious meals to older adults in need.
- ☐ Apply for Supplemental Nutrition Assistance Program (SNAP) benefits to help with grocery expenses: [SNAP Application](<https://www.fns.usda.gov/snap>).
- ☐ Contact Meals on Wheels for home-delivered meals tailored for seniors: [Meals on Wheels](<https://www.mealsonwheelsamerica.org>).
- ☐ Locate community food pantries that offer fresh produce and non-perishable items for seniors.
- ☐ Enroll in the Commodity Supplemental Food Program (CSFP) for low-income seniors needing additional food support.
- ☐ Check if local churches or community centers provide free meal programs or emergency food services.
- ☐ Apply for Senior Farmers' Market Nutrition Program (SFMNP) to receive vouchers for fresh fruits and vegetables at local farmers' markets..



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