



PROGRAM INSTRUCTION

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TO: Subrecipients of the State Unit on Aging

FROM: Cynthia Brammeier, Administrator, State Unit on Aging

BY: Erik White, Nutrition Coordinator, State Unit on Aging
Doug Bauch, Program Manager, State Unit on Aging

SUBJECT: Guidance for Title III-C(2) Home-Delivered Meal (HDM) Nutrition Services

CONTENT: The Older Americans Act, Part C – Nutrition Service Section 330. Purposes, identifies the purpose of the nutrition programs which are to:

- reduce hunger and food insecurity,
- promote socialization of older individuals,
- promote the health and well-being of older individuals,
- gain access to nutrition and other disease prevention and health promotion services, and
- delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.

The Older Americans Act Sec. 336, Program Authorized (2), includes:

- nutrition education,
- nutrition counseling, and
- other nutrition services, as appropriate, based on the needs of meal recipients.

While the meal is often viewed as the main component of the nutrition program, the Administration for Community Living states this program also provides a safety check, socialization, and health and nutrition education. An HDM is often the only opportunity for clients to obtain regular social interaction, a safety check, and information about health and nutrition (<https://acl.gov/programs/health-wellness/nutrition-services>).

The utilization of home-delivered meals via shipping (USPS, UPS, FedEx, etc.) is currently considered adequate for the nutritional aspect of this service. However, nutrition programs that deliver more than one meal at a time do not provide the intended socialization, daily safety check, or nutrition education that clients benefit from in traditional III-C(2) HDM services. The benefit of utilizing such HDM vendors improves the ability to provide services to rural clients, and to more overall clients. With this alternative

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service, AAA's must provide HDM recipients with nutrition education, socialization, safety checks, and nutrition counseling as deemed appropriate and based on the client needs.

Nutrition education can be provided to individuals who receive HDM's in a number of ways, including:

- sending materials via mail,
- including materials with the suggested contribution or meal verification statements,
- delivering materials directly to clients with their meal during the route,
- sending materials via email to those with email access, or
- calling the client after sending materials via mail.

Socialization and safety checks can be conducted with volunteers or staff in a number of ways, including:

- calling the client,
- conducting periodic in-person client visits to verify they are receiving nutrition services, continue to benefit from the program, and are in a safe environment, or
- corresponding with clients via electronic means, including: email, AAA website contact system, blogs, or social media.

Nutrition counseling should be offered to those who are deemed appropriate based on the needs of the meal recipient.

- To overcome distance or proximity challenges, consider virtual or online counseling services for those who should receive nutrition counseling, and have the technical capabilities and access to systems, to connect the client and Registered Dietitian counselor.

If you have questions, please contact Erik at 402-471-4732 or Doug at 402-471-4797 or Attn: Erik or Doug at DHHS.aging@nebraska.gov