

Title: **Focusing on Food Hardship During Older Americans Month**

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This year's [Older Americans Month](#) focuses on *Communities of Strength*. One critical need is to focus on the unprecedented rates of food hardship among older adults, which have been fueled by the COVID-19 health and economic crisis.

Some 2 million older adults age 65 plus have reported their household sometimes or often didn't have enough to eat in the **last seven days** ([Household Pulse Survey](#) data collected March 17-29, 2021). Food insecurity has serious consequences for the [health and well-being](#) of older adults and can lead to [malnutrition](#). The attendant harms of food insecurity as well as diet-related chronic disease have propelled the United States Department of Agriculture (USDA) to adopt a range of actions to strengthen and improve the reach of the federal nutrition programs during COVID-19.

These programs-- especially the Supplemental Nutrition Assistance Program (SNAP)- - are ready solutions to address hunger among older adults during COVID-19 and beyond. SNAP can reach any eligible older adult with a benefit that is 100 percent federally funded. Take the time during [Older Americans Month](#) to **spread the word about the importance of SNAP and other nutrition programs**. These programs support the [food and nutritional needs](#) of older adults who are low-income to improve their nutrition, health, and well-being.

For more on addressing hunger, sign up for the [FRAC Action Network](#).