

A Vision for the Future: Food Assistance for Senior Adults in Kansas



2006: A New Year

Eating “healthfully” will give you benefits today and in the future.

You can expect:

Better health

Greater quality of life

Increased ability to function



Tips for easy, healthful activities:

- ~ Enjoy breakfast.
- ~ Be physically active each day.
- ~ Choose a variety of fruits and vegetables daily.
- ~ Drink at least 8 servings of water, 100% juice, or milk each day.
- ~ Choose a variety of grains daily, especially whole grains.
- ~ Spread the word that food assistance is available for people of all ages, including older adults.

For more information about nutrition and reducing health risks, please contact your local K-State Research & Extension office.

For information about food assistance for senior adults, call the State SRS Service Center, toll free, at 888-369-4777
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