

Community Partners Include:



For more information about hosting a presentation or being a volunteer presenter, contact us today!

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A project of the



Eating Well is a SNAP!

Too many of our seniors struggle with being able to afford a healthy and balanced diet. The Senior Hunger Action Team of the Dallas Coalition for Hunger Solutions has developed a fun and interactive presentation for seniors designed to assist them in eating well on a limited budget, with a focus on how the Supplemental Nutrition Assistance Program (SNAP) and other community nutrition resources can help them supplement their grocery budget.

Why Eating Well is a SNAP!

Over 20,000 seniors living below the poverty line in Dallas County. Many more struggle to cover their essential expenses, including food, on limited incomes. These seniors are often not aware of existing community resources or do not have the support needed to access them. SNAP is one of these critical resources to help seniors eat nutritiously, and yet in Dallas County, more than 50 percent of seniors who are likely eligible for the program are not utilizing it.



Would you like to host a presentation at your organization?

Each 45-minute presentation includes tips on eating well on a limited budget, information about SNAP and how to maximize your benefits, and an overview of other food and general senior services resources that are available. If you have a group of seniors who would find this information useful, consider hosting an interactive presentation. Each presentation also includes food-related giveaways and an application assistance navigator who can help seniors apply for SNAP on the spot. Attendees receive informative and colorful materials — including a cookbook — that serve as great post-presentation resource.

There is no cost to hosting a presentation. Contact us to schedule this great program today!

Would you like to volunteer to be on the team of Eating Well is a SNAP! presenters?

Each presentation is given by a team of presenters, who are members of a volunteer speaker's bureau. If you like public speaking and care about the well-being of older adults, consider getting trained to be part of this speaker's bureau. You can receive training to serve as either a nutrition education or SNAP/food resources presenter.

