

Food & Nutrition Supports

Bridges to Success: Keystones of Health for Pennsylvania

The goal of food and nutrition supports is to **enhance access to nutritious food, promoting better health for all.**

Lack of access to proper nutrition can have profound effects on health.* Many individuals, especially those with chronic conditions, face challenges in maintaining a balanced diet. The proposed food and nutrition supports aim to address these gaps by helping individuals and families obtain the nourishment they need. By doing so, we can contribute to a community with increased opportunities for better health.

POTENTIAL POPULATIONS

Beneficiaries experiencing food insecurity or with a history of food insecurity who:

- Are pregnant or in the post-partum period (and their household)
- Have a diet-sensitive condition



FOOD & NUTRITION SERVICES

1. Provide meals or groceries designed for specific dietary needs.
2. Delivery of groceries to support healthy pregnancies.
3. Provide personalized help connecting to, and applying for, other food resources like SNAP and WIC.

This document summarizes information from a proposed five-year demonstration program. All content is preliminary and subject to approval by the Centers for Medicare & Medicaid Services.

*2020. USDA. Dietary Guidelines for Americans.

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf



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