

## VIDEOS AND PRESENTATIONS

### Senior Nutrition Program Webinar: Combatting food insecurities

[https://www.youtube.com/watch?v=oM\\_A4CxsULc](https://www.youtube.com/watch?v=oM_A4CxsULc)

### Referrals and Interventions for Older Adults with Food Insecurity

<https://www.youtube.com/watch?v=Rd5spimk3oo>

### Senior Nutrition Program 2023 Celebration Preview Event

<https://www.youtube.com/watch?v=4ggKjaDSkMs>

### Grandparents and Nutritional Needs

<https://acl.gov/sites/default/files/nutrition/GrandparentsAndNutritionNeeds.pdf>

# SENIOR NUTRITION MONTH 2023

TOOLKIT AND RESORSES

## WHAT IS SENIOR NUTTRITION MONTH IN MARCH?

2023 marks the 50th celebration in honor of Senior Nutrition. Since 1973 starting as Senior nutrition's week, senior nutrition month has continued to bring awareness of the importance of nutrition as we get older.

## WEBSITES AND MORE INFORMATION

### New Mexico Grown

<https://aging.nm.gov/services/senior-services/new-mexico-grown-program>

### Cooking Matters:

<https://cookingmatters.org/>

### Meals on Wheels

<https://www.mealsonwheelsamerica.org/take-action/march-for-meals>

### Diabetes Food Hub:

<https://www.diabetesfoodhub.org/>

### Eat Right. ORG:

<https://www.eatright.org/national-nutrition-month-2023>

### American Diabetes Association

<https://diabetes.org/>

## Contacts

### ALTSD STATE NUTRITIONIST

Ophelia Steppe  
OPHELIA.STEPPE@ALTSD.NM.GOV  
505-629-8885

