

Need help learning about nutrition?

The food we eat provides the energy and nutrients our bodies need to grow, stay strong, and function properly. Learning about different fruits, vegetables, whole grains, protein, and healthy fats helps us make good decisions with our eating habits. Our Nutrition Services Benefits can help you learn about what you eat and how it impacts your body.



Nutrition supports available:

- ▶ Nutrition education

Am I eligible?

To be eligible for nutrition supports, you:

- ▶ Must be a current OHP member.
- ▶ Are not able to get the service through any other means.
- ▶ Have limited or uncertain access to nutritious food.
- ▶ Have a qualifying medical need.
- ▶ Have a qualifying life situation.

How do I request nutrition support?



If you meet the eligibility standards listed above, scan the QR code to complete the **Nutrition Supports Request Form**. You can also **call 211info at 866-698-6155** or email hrrsn@211info.org

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You can get these materials in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 855-722-8208 or TTY 711. We accept relay calls. You can get help from a certified and qualified health care interpreter.

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