

Nutrition services benefits

Eligible Oregon Health Plan (OHP) members can get help buying food. This includes fresh fruit and vegetables, plus pantry foods like rice, pasta and canned items. Members may get grocery boxes delivered or a preloaded card to use at certain stores or farmers markets.



Nutrition supports available:

- ▶ Fruit & vegetables
- ▶ Pantry stocking
- ▶ Medically tailored meals
- ▶ Nutrition education

Am I eligible?

You may be eligible if any of the these apply:

- ▶ A current OHP member
- ▶ Can't afford food
- ▶ Have a health condition that meets benefit requirements
- ▶ Are age 5 or younger
- ▶ Going through a major life change
- ▶ Are pregnant
- ▶ Are a young adult ages 19–26 with special health needs

CareOregon will let you know what you may qualify for when you apply.

How do I request nutrition support?



If you meet the eligibility standards listed above, scan the QR code to complete the **Social Needs Request Form**. You can also call **CareOregon customer service at 503-416-4100** or email hsrcx@careoregon.org

You can get this document in other languages, large print, braille or a format you prefer. You also have the right to an interpreter. You can get help from a certified or qualified health care interpreter. This help is free. Call 800-224-4840, TTY 711, or tell your provider. We accept relay calls.