

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 **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.

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