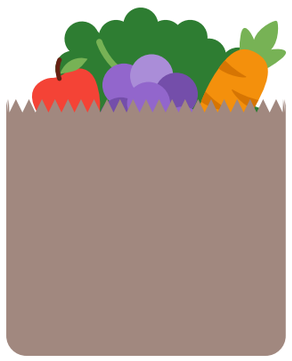


Make It a G.O.A.L. to Seek Good Nutrition

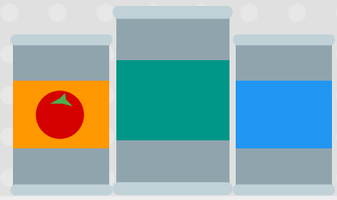
AmeriHealth Caritas
Care is the heart of our work

According to the U.S. Department of Agriculture, **one out of every eight** U.S. households experiences food insecurity.[1]

Limited resources? Here are options to find healthy food:

G — Grocery store programs

An increasing number of grocery stores have nutritionists on staff.



O — Organizations in your community

If your challenge is less about finding sources of healthy food than getting to them, there are local organizations that can help you shop for groceries, or even do it completely on your behalf.

A — Ask your health plan

According to the Kaiser Family Foundation, 38 states and the District of Columbia use managed care organizations (MCOs) to cover at least some of their Medicaid population.[2]

L — Look for faith-based groups

Religious institutions of all faiths generally have it in their mission to provide aid to those in need.

[1] Key Statistics & Graphics. United States Department of Agriculture Economic Research Service, 2016. Accessed August 30, 2018. https://www.ers.usda.gov/topics/food-nutrition-assistance/-food-security-in-the-us/key-statistics-graphics.aspx.

[2] Share of Medicaid Population Covered Under Different Delivery Systems. Kaiser Family Foundation, July 2017. Accessed August 31, 2018. https://www.kff.org/medicaid/state-indicator/share-of-medic-aid-population-covered-under-different-delivery-systems.

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