

Older Adults' Nutrition Assistance Programs: 2024

Survey of Income and Program Participation Snapshots

By Kelsey J. Drotning
P70FS-223
August 2026

8% of households with at least one adult age 65 or over were food insecure.

Households with at least one adult age 65 or over were less likely to be food insecure than households without an adult age 65 or older (14 percent).

18% of households with an adult age 65 or over received assistance from at least one nutrition program.

Of households with an adult age 65 or over that received assistance from a nutrition program, 81 percent received benefits from SNAP and 37 percent received benefits from other food assistance programs such as a food bank or Meals-on-Wheels.

1 in 2 food insecure households with an adult age 65 or over were older adults who lived alone.

Additionally, 14 percent of food insecure households with an adult age 65 or over were multigenerational households that included both grandparents and grandchildren.

What Is Food Insecurity?

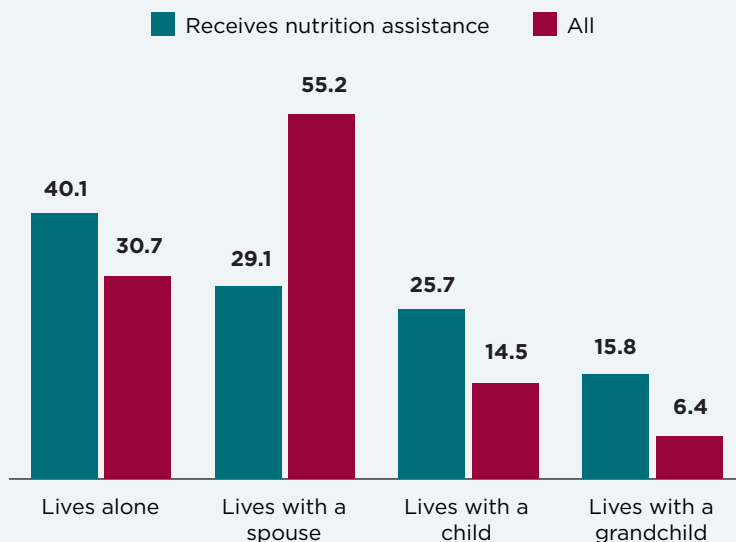
Households that are food insecure have limited or uncertain access to adequate food.

What Are Older Adults' Nutrition Assistance Programs?

Nutrition assistance programs help meet the nutritional needs of older adults living in households with limited resources. Social safety net programs that provide nutritional assistance to older adults include Supplemental Nutrition Assistance Program (SNAP) and other food assistance programs that provide free groceries, meals, and food delivery.

More information on older adults' nutrition assistance, food security, and other social safety net topics is available in [fact sheets](#), [detailed program participation tables](#), [interactive data visualizations](#), and [reports](#).

Living Arrangements of Adults Age 65 or Over by Nutrition Assistance Receipt: 2024
(In percent)



Program Receipt of Adults Age 65 or Over by Nutrition Assistance Receipt: 2024
(In percent)

