




Nutrition & Health Benefits Enrollment

Community Action's Role with Enrollment


Because a majority of families with low incomes in the U.S. do not have even \$1000 in savings, any unforeseen expense can cause economic hardship and exacerbate poverty. Federal benefits programs are intended to help prevent this and ensure families have resources so they don't have to choose between paying for rent, food, or medical bills. MN Community Action Agencies (**CAAs**) can help enroll people in programs they qualify for and **provide wraparound services** that supplement these benefits. The most common benefit programs are Medicaid/other health insurance, the Supplemental Nutrition Assistance Program (SNAP--formerly known as food stamps) and Women, Infants and Children (WIC).

Medicaid & Health Insurance



Minnesota has a variety of federal and state funded health insurance options aimed at insuring people with low incomes at limited or no cost: Medical Assistance, MinnesotaCare, and premium tax credits through the MNsure insurance marketplace. CAAs often employ **certified healthcare navigators to assist participants** as they apply for their insurance via these programs, as well as **case managers to help participants** select in-network providers and offer **wraparound services** like transportation to medical appointments.

Food Assistance Benefits - SNAP & WIC




CAAs **help program participants enroll** in food assistance or SNAP benefits. Because SNAP has employment requirements, **CAAs can direct participants to services that help them find and keep employment.** WIC is limited to pregnant and breastfeeding people, and children under five. Although it is often administered by county public health departments, some CAAs help people enroll in WIC, and provide **breastfeeding information, counseling, and nutrition education.**

About Community Action

The Economic Opportunity Act of 1964 created the Community Action Network of national and local organizations that connect millions of people, with low and moderate incomes, to essential services. The network works to build community resiliency and helps people move out of poverty. In Minnesota, 24 Community Action Agencies and 11 Tribal Nations serve all 87 counties across the state, providing poverty solutions through programs and services including: homeless prevention and housing assistance, utility bill assistance, healthcare enrollment, food and nutrition services, Head Start early childhood programming, financial asset building, regional transit, and more.

2018 Benefits Assistance:

- Over **19,000 people** obtained **food assistance**
 - Over **10,000 children** obtained **medical or dental care**
 - Over **5,800 adults** obtained **healthcare services**
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Source: 2019 MinnCAP Annual Report

24 Local Agencies & 11 Tribal Governments

