




## Nutrition & Health Benefits Enrollment

Updated 2022

### 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 & Dental Services



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** in applying 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. Head Start programs ensure students get necessary **immunizations and dental care**.

#### 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 self-sufficiency, including removing systemic and structural barriers to move people out of poverty. In Minnesota, 24 Community Action Agencies and 11 Tribal Nations serve all 87 counties, providing poverty solutions with equitable access to various services: 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.

### Benefits Assistance impact:

- Over **13,500 people** enrolled in **SNAP**
  - Over **12,500 children** obtained **medical or dental care**
  - Over **9,000 people** assisted in enrolling in **health insurance**
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Source: 2020 MinnCAP Annual Report

## 24 Local Agencies & 11 Tribal Governments

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### MinnCAP Leadership

**MinnCAP Executive Director**

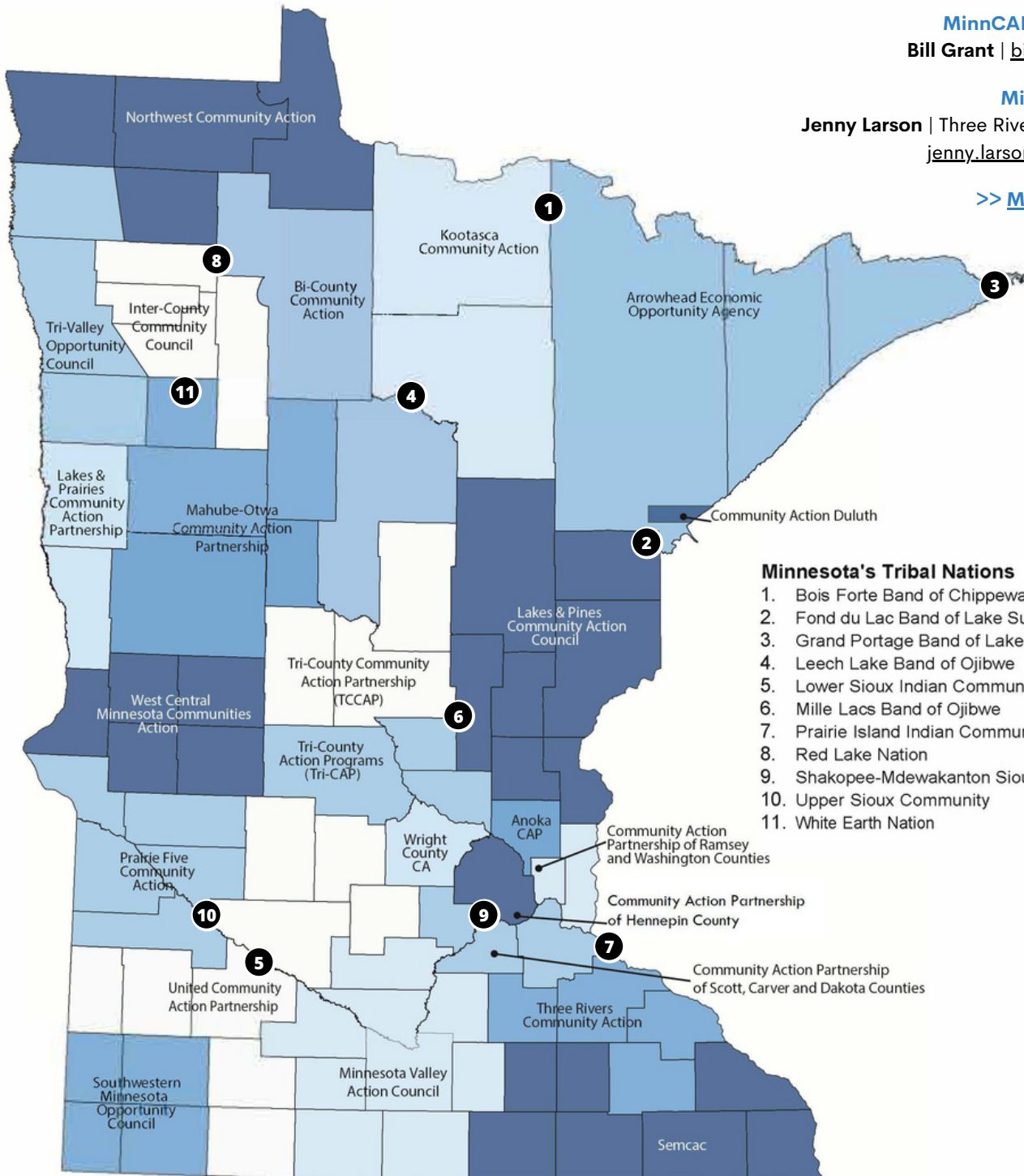
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### Minnesota's Tribal Nations

1. Bois Forte Band of Chippewa
2. Fond du Lac Band of Lake Superior
3. Grand Portage Band of Lake Superior
4. Leech Lake Band of Ojibwe
5. Lower Sioux Indian Community
6. Mille Lacs Band of Ojibwe
7. Prairie Island Indian Community
8. Red Lake Nation
9. Shakopee-Mdewakanton Sioux Community
10. Upper Sioux Community
11. White Earth Nation

*Minnesota Community Action Association Resources Foundation (MCAARF) is the 501c(3) nonprofit that secures funding to support MinnCAP's mission.*