

4.4 Grab and Go Nutrition Services

4.4.1 Eligibility Criteria

A. Eligibility requirements for grab and go (GMEL) nutrition services:

1. Individual 60 years of age or older; **and**
 - a. Lacks the knowledge, skill or ability to prepare nourishing and well-balanced meals for themselves; **and**
 - Is psychologically, emotionally or socially impaired and chooses not to receive meals in a congregate setting; **or**
 - Lacks a formal or informal support system that is willing and able to provide needed nutrition services, or the support system needs to be temporarily or permanently supplemented.
2. Spouses of eligible GMEL customers.

B. In an emergency, grab and go meals may be provided to individuals aged 60 years and older. Written policy and procedure are required for provision of meals during an emergency.

Note: The eligibility criteria apply to the person consuming the meal.

4.4.2 Grab and Go Nutrition Services Provider Requirements

- A. The AAA must ensure that a grab and go nutrition provider meets the requirements of a congregate (4.2.2) or home-delivered (4.3.2) nutrition services provider.
- B. AAAs must ensure nutrition services providers have written grab and go nutrition service policy approved by KDADS.
- C. To prevent social isolation and loneliness, grab and go meal providers are strongly encouraged to facilitate programming that allows meal customers to eat their meal with another person (in-person or virtual), such as coordinating a buddy system or virtual congregate site via Zoom, FaceTime, GoToMeeting, etc. where people dine together. Please refer to the service taxonomy for additional guidance on this socialization component.