



The [Healthy Meals, Healthy Minds Grant Program for Family Caregivers](#) (HMHM) supports primary caregivers by providing funding to **strengthen services and support** for family caregivers. This allows them to invest in their mental health and wellness and have access to nutritious meal kits.

The HMHM **Overview, Policy, and Procedure Form** can be found [here](#).

Step 1: The family/primary caregiver (applicant) completes the [Eligibility Criteria Form](#).

Step 2: The ADRC or County submits the [Supporting Documentation Form for RCAW Grant Programs](#).

Step 3: RCAW receives and reviews the Eligibility Criteria Form & Supporting Documentation Form, and qualified candidates will be emailed a link to the HMHM application.

Step 4: The family/primary caregiver (applicant) completes and submits the application; RCAW will notify them via email if their application is approved with a link to the [Grant Report](#).

Step 5: Approved applicants will receive the grant funds via USPS.

Other:

- Applicants must use the HMHM funds within 60 days of receiving them.
- Applicants must track expenses using the [Grant Report](#).
- Applicants must keep receipts and invoices for services rendered and purchases made with the funds.
- Each quarter, RCAW will select applicants to audit at random.
- If an applicant is chosen for an audit and cannot provide a completed HMHM Grant Report with receipts or invoices, they will immediately be ineligible for future funds and may have to repay RCAW for the SRGP grant funds.