



# Senior Nutrition

IMPACT REPORT

JUNE 2017



Together, we can  
solve hunger.

Administered by The Idaho Foodbank, Commodity Supplemental Food Program (CSFP) was created by the U.S. Department of Agriculture to improve the health of low-income individuals at least 60 years of age, by supplementing their diets with nutritious foods.

## Proper Nutrition is the Key to Good Health

Eating the right foods every day can help older adults reduce the risk of such serious health conditions as heart disease, type 2 diabetes and stroke. A healthy diet may also help reduce cholesterol and lower blood pressure.

*This institution is an equal opportunity provider.*

## Solving Hunger in Idaho

2017 FISCAL YEAR

22,728

boxes distributed statewide

731,112

pounds of food distributed

2,000

seniors served each month

58

distribution partners statewide

39

counties served

33

average pounds of food in each box

# A Healthy Variety of Food

Monthly food boxes include a variety of healthy food such as packaged meat, fruit, vegetables, juice, cereal, milk, whole grains (like rice or pasta), peanut butter or dried beans, and cheese. Every other month, participants receive a bag of dry milk. Boxes also contain nutritional information to help seniors choose healthier food options.



## Making a Difference in the Lives of Older Adults



Sometimes I have to choose between buying food and paying my bills, this really helps.



With this food, we can make good meals for days.



The pantry and this extra box of food, keep us above water.



Seniors who visit our food pantry really appreciate the food boxes they receive each month.



The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and is the largest distributor of free food assistance in Idaho. From warehouses in Boise, Lewiston and Pocatello, the Foodbank distributes around 1.5 million pounds of food each month through a network of more than 400 community partners. These include schools, food pantries, emergency shelters, feeding sites, and senior centers. The Foodbank also operates direct-service programs that promote healthy families and communities through good nutrition.



For additional information about the Senior Nutrition program, visit our website: [idahofoodbank.org/programs](http://idahofoodbank.org/programs)

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Recognized as a Four Star Charity for 8 consecutive years.