



Member of
**FEEDING
AMERICA**

Senior Nutrition

A PROGRAM OF THE IDAHO FOODBANK

IMPACT REPORT

AUGUST 2021



**Together, we
can solve hunger.**

The Commodity Supplemental Food Program (CSFP) is a program that was created by the U.S. Department of Agriculture to improve the health of low-income individuals who are at least 60 years of age by supplementing their diets with nutritious food. The CSFP program is administered through a partnership with the Idaho Commission on Aging and implemented by The Idaho Foodbank through the distribution of boxes statewide.

Proper Nutrition is the Key to Good Health

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

Solving Hunger in Idaho

2021 FISCAL YEAR

25,258	boxes distributed statewide
871,075	pounds of food distributed
2,105	seniors served each month
61	distribution locations statewide
43	counties served
31.5	average pounds of food in each box
145	seniors on the waitlist as of April 30, 2021



Double Delivery for Idaho Seniors

Senior centers play an important role in fighting food insecurity. We are proud to serve seniors through direct programs of The Foodbank, as well as with our partner organizations.

The Power County Senior Center in American Falls, ID is one of our partners in providing food for older Americans. In addition to offering meals three days a week at the Senior Center, they also run the local Meals on Wheels program. They

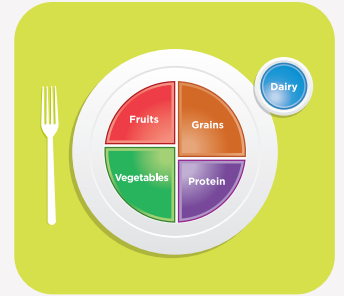


prepare meals in-house that are served at their newly renovated Senior Center and then additional meals are frozen for the Meals on Wheels home delivery.

Their menus are reviewed by a dietician to ensure they are nutritious meals for seniors. For example, one meal included salmon, rice pilaf, vegetables, and a dessert. They prepare between 1,300 and 1,400 meals per month and serve around 80 people per day. During the first year of the COVID-19 pandemic, the Senior Center adjusted their services by offering curbside meal pick-up for seniors and were serving around 45 people. They started serving meals in person again in April 2021.

We are grateful for the hard work and dedication of the staff and volunteers who help ensure the health of seniors across the state.

Power County Senior Center menus are reviewed by a dietician to ensure they are nutritious meals for seniors.



“I’m 70 years old and my wife works part time. This foodbank is what keeps us above water.”

- Neighbor and food recipient

About The Idaho Foodbank

The Idaho Foodbank is an independent, donor-supported, nonprofit organization and is the largest statewide distributor of free food assistance in Idaho. The Idaho Foodbank was established in 1984 and since that time has distributed millions of pounds of food through its facilities in Lewiston, Meridian and Pocatello. In the last fiscal year, The Foodbank provided food for more than 26 million meals to Idahoans living with food insecurity. The Foodbank distributes food through a network of more than 465 partners including schools, food pantries, senior centers, feeding sites, shelters, mobile pantries and churches. Recognizing the crucial connection between hunger and health, The Idaho Foodbank focuses on providing nutritious food and collaborates with community organizations to promote nutrition education, wellness tools and healthy living. Visit idahofoodbank.org for more information. Find us on your favorite social media platform.



SENIOR NUTRITION SUPPORTED BY:



This institution is an equal opportunity provider.

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The only Idaho nonprofit to receive a four-star rating for 11 consecutive years.