



# Senior Nutrition

A PROGRAM OF THE IDAHO FOODBANK

IMPACT REPORT

NOVEMBER 2022

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

FY 2022

45,218

seniors served monthly through all programs and partnerships

2,200

seniors served monthly through CSFP

24,418

CSFP boxes distributed statewide

65

distribution locations in 44 counties

32.5

average pounds of food in each box



## Making an Impact

According to the State of Senior Hunger report from Feeding America, over five million seniors are food insecure. To help address this problem in Idaho, we partner with 34 Senior Centers across the state to help provide healthy, nutritious food to seniors. The Idaho Foodbank also implements the Commodity Supplemental Food Program (CSFP) with the Idaho Commission on Aging and our partner network. CSFP aims to improve the health of low-income individuals who are at least 60 years of age by providing boxes of nutritious food.

We know that seniors and older Americans who are food insecure receive lower levels of nutrients like iron, calcium, and protein. Eating the right foods 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. CSFP food boxes are an important source of nutritious food that many seniors may not have purchased on their own because of their limited budget. The Idaho Foodbank is proud to serve seniors through a variety of programs and partnerships.

“Quite often seniors are somewhat hesitant and embarrassed to ask for help. So, when they find out that they qualify for the program, it is always heartwarming to hear their expressions of gratitude.”

– CSFP Coordinator

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

– Senior Client



### About The Idaho Foodbank

The Idaho Foodbank is an independent, donor-supported, nonprofit organization. It 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 nutritious food through its facilities in Lewiston, Meridian and Pocatello. In the last fiscal year, The Foodbank provided food for 22.6 million meals to Idahoans living with food insecurity. The Foodbank distributes food through a network of more than 480 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 resources and healthy living. Visit [idahofoodbank.org](http://idahofoodbank.org) for more information. You can also find us on your favorite social media platform.



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*The only Idaho nonprofit to receive a four-star rating for 12 consecutive years.*