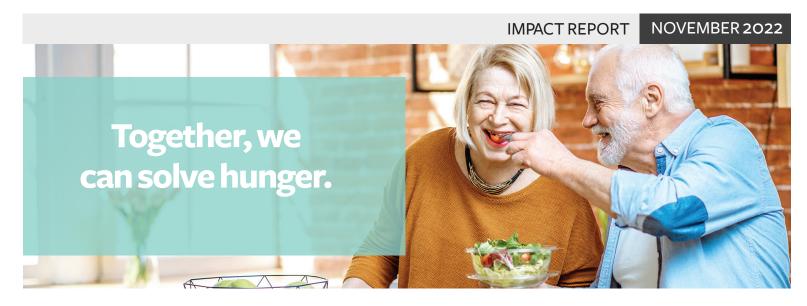




## **Senior Nutrition**

A PROGRAM OF THE IDAHO FOODBANK



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



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** for more information. You can also find us on your favorite social media platform.







This institution is an equal opportunity provider.

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