



Member of  
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AMERICA**

# Senior Nutrition

PROGRAMS OF THE IDAHO FOODBANK

IMPACT REPORT

NOVEMBER 2023



**Together, we  
can solve hunger.**

## Senior Food Insecurity:

The Commodity Supplemental Food Program (CSFP) improves the health of low-income seniors at least 60 years of age by adding nutritious food to their diets. Eligible seniors receive a free monthly box of food that includes nutrition information and helpful recipes.

In partnership with the Idaho Commission on Aging, The Idaho Foodbank distributes these CSFP senior food boxes through our partner network in all 44 counties of Idaho. Seniors are also served through our Mobile Pantry Program, as well as homeless shelters, churches, and senior centers that are in our partner network.

## 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

FISCAL YEAR 2023

<b>48,514</b>	seniors served monthly through all programs and partnerships
<b>2,200</b>	seniors served monthly through CSFP
<b>25,627</b>	CSFP boxes distributed statewide
<b>78</b>	distribution locations in 44 counties
<b>36</b>	average pounds of food in each box

*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 food boxes statewide.*



## Making an Impact

According to Feeding America’s *State of Senior Hunger* report, 5.4% of Idaho seniors experience food insecurity – the lack of access, at times, to enough food to support a healthy lifestyle. Too many Idaho seniors are at risk of not getting enough to eat. Many seniors are making tough choices between the nutritious food they need and other basic needs including medication and paying for housing and utility bills.

We know that seniors and older Americans who are food insecure receive lower levels of nutrients like iron, calcium, and protein. Eating a variety of food from each food group can help reduce the risk of developing chronic diseases, such as hypertension, type 2 diabetes, and heart disease. Nutritional needs change as a person grows older. For those over age 60, it is important to

eat enough protein and fortified foods to maintain muscle mass and absorb nutrients.

The Idaho Foodbank is proud to serve seniors through a variety of food distribution programs and partnerships, including senior centers, churches, homeless shelters, and mobile pantries. In our last fiscal year, we served an average of 48,514 Idaho seniors each month. This is an increase in the number of seniors we served in the prior year and reflects the concerns in many Idaho communities about food insecurity among Idaho seniors. The number of seniors we served in fiscal year 2023 includes the 2,200 low-income seniors who receive a monthly CSFP senior food box of nutritious food. We are grateful for our dedicated partners working to help food insecure seniors across the state.

“More seniors have used the food bank and more seniors are probably coming to the senior meals because social security took a big jump but that jump was not enough to cover how much food costs, gasoline costs.”

– JK Good Samaritan Pantry Manager (Kendrick, ID)

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

– Senior served by The Foodbank’s food pantry partner



### 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 23.8 million meals to Idahoans living with food insecurity. The Foodbank distributes food through a network of more than 440 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 14 consecutive years.*