



Member of
**FEEDING
AMERICA**

Health and Nutrition

The Idaho Foodbank

IMPACT REPORT

NOVEMBER 2023



**Together, we
can solve hunger.**

Health, Hunger, and Social Determinants of Health:

Health starts in our homes, schools, and communities – at least 70% of our health is determined by behavior and environment. The Social Determinants of Health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. SDOHs include access to nutritious food; healthcare; education; stable and affordable housing; transportation; and air/water quality in our environment.

The Idaho Foodbank aims to positively impact the health of individuals who are food insecure. Our Hunger to Health strategy works to build statewide partnerships with organizations such as health care providers, economic development councils, the Idaho Department of Health & Welfare, and regional public health districts to interrupt the cycle of food insecurity and improve the lives of all our neighbors.

Solving Hunger in Idaho

FISCAL YEAR 2023

The Idaho Foodbank's Hunger to Health strategy is focused on the well-being of individuals, along with the health of communities across our state, through access to nutritious food and other resources required for good health.

Our Partner Network: The Most Critical Link in Addressing Hunger and Health

Our partnerships with the over 440 organizations that provide food to community members in need are critical in addressing both hunger and health. This year, we hosted conferences in Lewiston and Pocatello for our partners to learn more, network, and share the work they are doing around our hunger to health framework. We had a total of 118 community partners and healthcare organizations participate in these conferences. Topics at the conferences included mental health services and needs; how to connect people in need with existing resources in the community; and opportunities to learn additional job skills and education.

Culturally Relevant Foods

In addition to providing a variety of high-quality nutritious foods, The Idaho Foodbank also recognizes that dietary-related health outcomes can be improved with foods that also meet an individual's cultural preferences. A natural extension of our Nutrition Initiative, our Culturally Relevant Foods project focuses on providing nutritious foods to communities at an increased risk of experiencing food insecurity and health disparities.

Examples of Partnerships: Boise State University, Clearwater Valley Health/St. Mary's Health, CHAS, findhelpidaho.org, Full Circle Health, Idaho Department of Health and Welfare, Saint Alphonsus, Western Idaho Community Health Collaborative, and Your Health Idaho.



Nutrition Education

Nutrition at every age is critical for our health and well-being. The cycle of hunger shows that people often find themselves in the position of making difficult decisions when they are food insecure. This can include eating foods with low nutritional value, which can make them vulnerable to chronic health conditions.

Our Nutrition Education tools help provide insight and resources to encourage individuals to make healthier choices for themselves. In turn, healthier individuals and families reduce the need for healthcare in the future. In the end, Nutrition Education addresses the need to develop skills and knowledge about healthy eating, cost-effective preparation, and the health benefits it brings.

“ I learned very important information for planning and purchasing materials and cooking food. Thanks a million.
– Program Student

“ I have a much better understanding of how to shop and use nutrition labels.
– Program Student

1,045 Nutrition Education participants

In FY23, The Idaho Foodbank offered 43 Nutrition Education and point of service opportunities to our neighbors in need. These include Cooking Matters and nutrition education classes, presentations on nutrition, and the distribution of nutrition resources.

Cooking Matters

Developed by Share Our Strength, Cooking Matters is a 6-week, hands-on, cooking-based program for all ages that teaches food preparation and food budgeting skills that people need to make lasting changes to their eating habits. Cooking Matters in the Store is a one-day program that teaches students how to identify healthy and less expensive options at their local grocery store.

86% of the food distributed in FY23 was considered nutritious

PROGRAM SPONSORS:



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 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.