

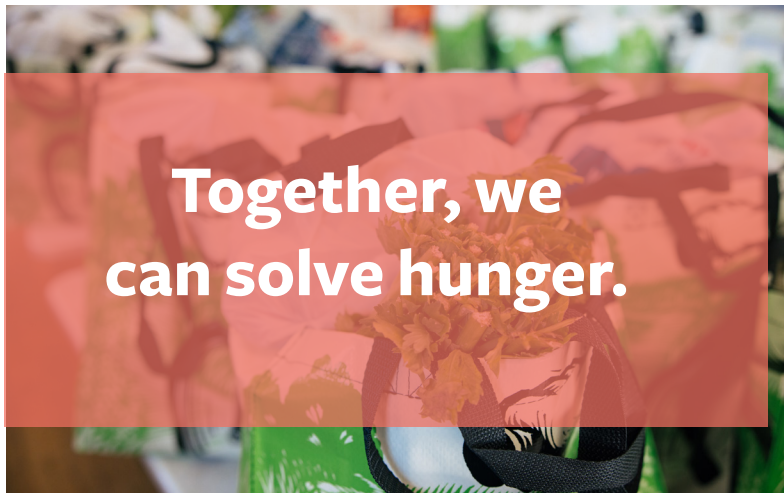


Senior Nutrition

PROGRAMS OF THE IDAHO FOODBANK

IMPACT REPORT

FISCAL YEAR 2024



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, homeless shelters, churches, and senior centers 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 2024

44,966	seniors served monthly through all programs and partnerships
2,264	seniors served monthly through CSFP
27,299	CSFP boxes distributed statewide
68	distribution locations in 44 counties
33	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, 7.3% 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 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 44,966 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 2024 includes the 2,400 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



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 more than 21.8 million meals to Idahoans living with food insecurity. The Foodbank distributes food through a network of more than 400 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.

SENIOR NUTRITION SUPPORTED BY:



This institution is an equal opportunity provider.

Southwestern Idaho
Administrative Offices
3630 E. Commercial Ct.
Meridian, ID 83642
(208)336-9643

Eastern Idaho
555 South 1st. Ave.
Pocatello, ID 83204
(208)233-8811

North Central Idaho
3331 10th St.
Lewiston, ID 83501
(208)746-2288



The only Idaho nonprofit to receive a four-star rating for 15 consecutive years.