



Member of
**FEEDING™
AMERICA**

Health and Nutrition

The Idaho FoodBank

IMPACT REPORT

FISCAL YEAR 2024



Together, we
can solve hunger.



Health, Hunger, and Social Determinants of Health:

When someone is food insecure, they are making difficult choices on how to make ends meet, such as getting the medical care they need; paying for rent to keep a roof over their head; putting gas in the car to get to work or school; or having the food they need. These intertwined factors that impact an individual's ability to become food secure are known as the Social Determinants of Health. These are the conditions in the environment in which people are born, live, learn, work, play, worship, and age that affect a wide range of health and quality-of-life outcomes. The Idaho Foodbank is actively partnering to find ways to work together to improve these Social Determinants of Health as part of our Ending Hunger Framework to address root causes of food insecurity.

Solving Hunger in Idaho

FISCAL YEAR 2024

Sharing Resources for Neighbors in Need

The Idaho Foodbank has made quarterly, comprehensive resource boxes available to our partner network when they order food from The Idaho Foodbank. These resource boxes include a variety of information to share with neighbors who are visiting our partners to get food.

One specific example of what has been in these resource boxes is information from the Idaho Housing and Finance Association about how to find rental assistance or rental housing throughout the state. There have also been flyers for seniors about Medicare enrollment and dental care coverage. The resource boxes have included brochures about enrollment in SNAP (Supplemental Nutrition Assistance Program) and WIC (the Supplemental Nutrition Program for Women, Infants, and Children), as well as a Myths vs. Facts document about these programs. There have also been small cards to let people know that 988, the Suicide & Crisis Hotline, is available for people to call or text at any time, as well as flyers with information about the Idaho LAUNCH scholarship program for in-demand careers.

It can be overwhelming to find all of the sources of help and information that might make a difference when you are struggling to make ends meet. These quarterly resources boxes are one way to support our partners to empower the people they serve by making information more readily available.



Nutrition Education

Consistent access to nutritious foods is vital to wellbeing and different communities across our state experience different challenges in achieving this. 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, or exacerbate, chronic health conditions. Nutrition is important for every stage of our lives – from childhood to our golden years.

Our Nutrition Education tools help provide insight, information, and resources to help individuals and families make healthier choices for themselves. Nutrition Education includes hands-on cooking classes that teach food preparation and food budgeting skills; sharing nutritious recipes; and providing easy tips and suggestions to build towards healthy food choices. 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 ”

678 Nutrition Education participants

In FY24, The Idaho Foodbank offered 56 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 FY24 was considered nutritious



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 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.



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