



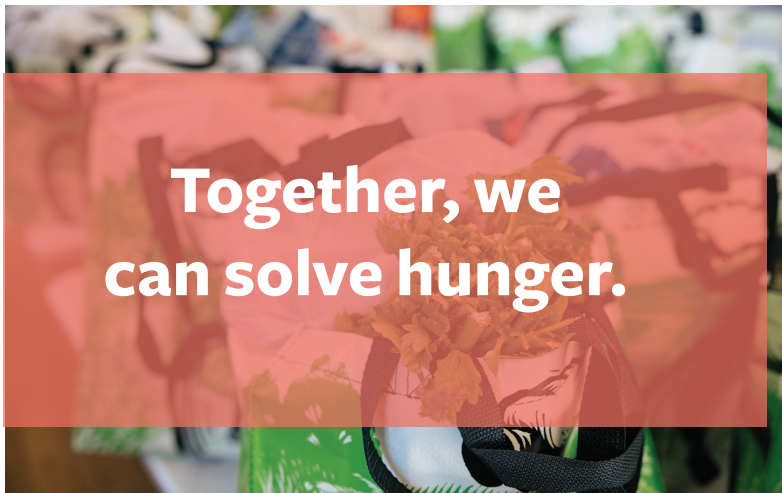
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# Senior Nutrition

PROGRAMS OF THE IDAHO FOODBANK

IMPACT REPORT

FISCAL YEAR 2025



## Senior Food Insecurity:

The Commodity Supplemental Food Program (CSFP) improves the health of low-income seniors who are 60 years of age or older 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 agency 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 2025

<b>43,712</b>	seniors served monthly through all programs and partnerships
<b>2,106</b>	seniors served monthly through CSFP
<b>25,281</b>	CSFP boxes distributed statewide
<b>74</b>	distribution locations in 44 counties
<b>33</b>	average pounds of food in each box

*The Commodity Supplemental Food Program (CSFP) is a program from the U.S. Department of Agriculture to improve the health of low-income individuals who are 60 years of age by supplementing their diets with nutritious food. The CSFP program is managed by the Idaho Commission on Aging and administered by The Idaho Foodbank through the distribution of food boxes statewide.*



# Making an Impact

“I’m lucky because if I was trying to make it on my social security, it would be almost impossible.”  
– Volunteer

Food insecurity affects nearly 8% of Idaho’s senior population, forcing many to make difficult choices between purchasing nutritious food or covering essential expenses like medication, housing, and utility bills. Seniors facing food insecurity often experience lower levels of key nutrients such as iron, calcium, and protein, which can increase their risk of chronic diseases including hypertension, type 2 diabetes, and heart disease.

In the last fiscal year, we provided food assistance to an average of 43,712 Idaho seniors per month, reflecting the growing concerns about senior food insecurity in many communities. As individuals age, their nutritional needs evolve, making it crucial for those over 60 to maintain muscle mass and absorb vital nutrients through a diverse diet. Seniors facing food insecurity are served through a variety of channels

within our Partner Agency Network, including Mobile Pantries, community food pantries, shelters, churches, and senior centers, ensuring access to nourishing food in locations, close to home, they trust and frequent. These services help seniors remain independent and have a better quality of life in their later years.

Among those served, 2,106 low-income seniors received monthly CSFP food boxes. These food boxes contain nutritious food such as dairy, proteins, and canned fruits and vegetables. One senior, a retired chef in the Treasure Valley, used ingredients from his CSFP food box to prepare a vegetable lasagna, which he then shared with his neighbors. His story illustrates how food assistance not only helps seniors maintain their health but also fosters community and connection.

“It’s good to have it in these small communities. Some of them are almost in tears with their appreciation.” – Volunteer



The Idaho Foodbank is an independent, donor-supported, nonprofit organization with a mission to nourish, educate, and advocate to support thriving, food-secure communities across Idaho. 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 million meals to Idahoans living with food insecurity. The Foodbank distributes food through a network of more than 400 Partner Agencies including schools, food pantries, senior centers, feeding sites, shelters, mobile pantries, and churches. 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.

SENIOR NUTRITION  
SUPPORTED BY:



Commission on Aging  
[www.aging.idaho.gov](http://www.aging.idaho.gov)

*This institution is an equal opportunity provider.*

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