The Idaho Foodbank

Member of FEEDING AMERICA

Senior Nutrition

PROGRAMS OF THE IDAHO FOODBANK

IMPACT REPORT | FISCAL YEAR 2026





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 Agency 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 2026

40,635	seniors served monthly through all programs and partnerships
2,103	seniors served monthly through CSFP
23,733	CSFP boxes distributed statewide
69	distribution locations in 44 counties
31	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.



Senior Nutrition and Community

Food insecurity affects thousands of older adults across Idaho, forcing many to make difficult choices between purchasing nutritious food or covering essential expenses like medication, housing, and utilities. Seniors facing food insecurity often experience lower levels of key nutrients such as iron, calcium, and protein, increasing their risk of chronic conditions including hypertension, type 2 diabetes, and heart disease. In the last fiscal year, The Idaho Foodbank provided food assistance to an average of 40,635 seniors each month.

Seniors are served through Mobile Pantries, community food pantries, shelters, churches, and senior centers — ensuring access to nourishing food in trusted, familiar locations close to home. Among those served, 2,103 low-income seniors received monthly CSFP food boxes, each containing a balanced selection of dairy, proteins, grains, and canned fruits and vegetables.

Senior centers across the state are important community spaces that provide resources, meals, and human connections for older individuals. Some senior centers have creative ways to support older adults beyond the food they receive. One example from our Partner Agency Network is the Parma Senior Center in Canyon County. What began with five handcrafted flower boxes donated by a 91 year old volunteer has grown into Gotsch Gardens — a thriving collection of 20 raised vegetable beds producing tomatoes, peppers, radishes, squash, melons, and more. This fresh produce supplies the center's salad bar all summer, supports meal preparation, and allows seniors to take home extra vegetables. The garden has even inspired a seasonal farmer's market that now helps cover essential operating costs. One simple act of generosity sparked a community wide effort. Local churches now help deliver meals and volunteers of all ages contribute to planting, harvesting, and maintaining the space. It's a reminder that senior nutrition is not only about food — it's about dignity, connection, and the power of neighbors caring for one another.



"It has been a godsend for us. Being a senior is tough with medical and such and the food really helps."
– Senior Neighbor

"I'm 70 years old and my wife works part-time. This food bank is what keeps us above water."
– Senior Neighbor



The Idaho Foodbank is an independent, donor-supported, nonprofit organization. It is a statewide and community-anchored organization that is the largest distributor of free food assistance in Idaho. The Idaho Foodbank's mission is to nourish, educate, and advocate to support thriving, food-secure communities across Idaho. It is uniquely situated as a statewide connector of people, partners, and solutions.

The Idaho Foodbank was established in 1984 and 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 22 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, shelters, mobile pantries, and churches. Visit idahofoodbank.org for more information.

SENIOR NUTRITION SUPPORTED BY:

USDA

IDAHO Commission on Aging
www.aging.idaho.gov

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

Charity Navigator
FOUR-STAR