




Member of
**FEEDING
AMERICA**

Senior Nutrition

IMPACT REPORT

AUGUST 2019



Together,
we can solve
hunger.

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 executed by The Idaho Foodbank through the distribution of boxes statewide.

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

2019 FISCAL YEAR

25,543

food boxes distributed statewide

813,399

pounds of food distributed

2,293

seniors served each month

65

distribution partners statewide

40

counties served

32

average pounds of food in each box



Despite a healthy economy, seniors need our help.

Food insecure seniors consume less calories and lower quantities of all 10 key nutrients than their food secure counterparts. To help the over 37,000 seniors in Idaho who are facing hunger, the Idaho Foodbank partners with the Idaho Commission on Aging to provide monthly food boxes that include a variety of healthy food choices. Typically a package includes meat, fruit, vegetables, juice, cereal, milk, whole grains (rice and pasta), peanut butter, dried beans, and cheese as well as healthy and budget conscious recipes. To help those in the program stay healthy additional resources such as toothbrush kits, nutrition education recipes, and information on resources accompanies the food each month.

"Seniors who visit our food pantry really appreciate the food boxes they receive each month"

– Pantry Volunteer

" Sometimes I have to choose between buying food and paying my bills, this really helps"

– Senior Client

" The pantry and this extra box of food, keep us above water."

– Senior Client



Households with an older adult report facing the decision between paying for food and paying for:

- Medicine or medical care (63%)
- Utilities (60%)
- Rent or mortgage (49%)
- Transportation or gas for a car (58%)

Feeding America/AARP Foundation study 2015

About The Idaho Foodbank

The Idaho Foodbank is an independent, donor-supported, nonprofit organization founded in 1984, and is the largest distributor of free food assistance in Idaho. In its 35-year history, The Foodbank has distributed millions of pounds of food through its facilities in Boise, Lewiston, and Pocatello. In the last fiscal year, The Foodbank provided food for nearly 17 million meals to Idahoans in need. The Foodbank distributes food through a network of more than 400 community-based partners including schools, food pantries, senior centers, feeding sites, shelters, and churches. Recognizing the crucial connection between hunger and health, The Idaho Foodbank focuses on healthy food options and partners with community programs to promote nutrition education and healthy living. Visit www.idahofoodbank.org for more information.



SENIOR NUTRITION SUPPORTED BY:



This institution is an equal opportunity provider.

Southwestern Idaho Administrative Offices
3562 South TK Ave.
Boise, ID 83705
(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 10 consecutive years.