



Senior Nutrition

IMPACT REPORT

AUGUST 2020

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

2020 FISCAL YEAR

27,296

food boxes distributed statewide

894,158

pounds of food distributed

2,275

seniors served each month

63

distribution partners statewide

41

counties served

32.7

average pounds of food in each box



Covid-19 Story

The global pandemic hit our elderly population exceptionally hard. Early in the crisis the Centers for Disease Control and Prevention (CDC) announced that adults 65 years and older were at higher risk to contract COVID-19. Many national and local organizations stepped up immediately to support this vulnerable population. Holy Apostles Church in Meridian and the USDA's Commodity Supplemental Food Program (CSFP) is an example of this caring collaboration. The church runs a food pantry and distributes CSFP food boxes to seniors through a partnership with The Idaho Foodbank.

These food boxes are a vital necessity, so when the coronavirus invaded Idaho the program had to be adjusted quickly to keep the service safe and accessible. A drive-thru model was rapidly implemented; allowing seniors to stay in their cars while volunteers in PPE gear put the boxes directly into their trunks. The USDA also authorized for participants to receive two boxes during the month of April; doubling the amount of food so elderly neighbors in need would have nourishing essentials immediately.

According to the church's pantry manager, Cathy Hagadone, this double distribution was a blessing. "People don't choose to be poor. I believe people are doing the best they can. We have plenty and we want to make sure that they do too," said Hagadone.

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*

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

– Senior Client

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.



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*The only Idaho nonprofit to receive a
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