

Senior Hunger Programs

Opportunities to Support Food Insecure Seniors in Northern Nevada



FOOD BANK
OF NORTHERN NEVADA

Food Bank of Northern Nevada

- 147+ Partner Agencies
- 106,000 people served per month in FY20 (up 15,000 as compared to FY19)
- 20,875,119 meals provided in FY20

Food Bank of Northern Nevada



Senior Hunger Stats

- Nevada is among the top 10 states for rates of food insecurity among seniors – 10.7% of Nevada seniors are food insecure.
- 1 in 3 seniors worked full or part time in 2018 – the fastest growing group of workers in the country.
- Seniors are more likely to experience food insecurity if they are minorities, divorced, separated or never married. If they are living with grandchildren, disabled, unemployed or female.

Senior Hunger Stats

Food Insecure Seniors Are:

- *233% are more likely to experience depression*
- *57% more likely to experience congestive heart failure*
- *32% more likely to experience limitations in activity*
- *19% more likely to experience high blood pressure*

FBNN Programs that support Senior Hunger

- Commodity Supplemental Food Program (CSFP)
- Supplemental Nutrition Assistance Program (SNAP)
- The Emergency Food Assistance Program (TEFAP)
- Produce on Wheels
- Mobile Harvest
- Community Food Pantries, Rx Pantry sites and **Senior Food Pantries or Golden Groceries**
- Nutrition Education
 - Direct Education through Seniors Eating Well
 - Systemic approaches (Healthy Pantry Initiative)

Program Detail

- **Commodity Supplemental Food Program** and Senior Food Box Programs offer a monthly box of staples to help supplement senior client's food budget. This is provided through a USDA Program or donations.
- **Produce on Wheels** is a new program designed using the mobile harvest model, but scaled to better meet the unique needs of seniors. This will mean smaller quantities of produce, more frequent distributions and all located at a seniors apartment complex or their local senior center.
- **SNAP Outreach** - Food Bank of Northern Nevada SNAP outreach workers help seniors get connected with SNAP Benefits (formerly food stamps.) They help with the application, the interview and turning in the paperwork.
- **Seniors Eating Well** is a series of classes developed by Penn State University that aims to improve the health, nutrition knowledge and behaviors of older adults. It focuses specifically on reducing sodium intake, increasing healthy fats, healthy snacking, preparing fruits, vegetables & whole grains, reading nutrition labels, and physical activity. The lessons were designed to reach older adults at places they congregate: senior centers, community centers, and senior housing centers.
- **Mobile Harvest** is our fruit and vegetable distribution program for all members of the community who are struggling to meet their food needs. Attendees can access 25-30 pounds of produce weekly.
- **Community Food Pantries** provide support to seniors in their neighborhoods and communities. We have 7 of our community food pantries who partner with us to provide a prescription pantry opportunity. Two of these pantries operate in healthcare settings.
- **Senior food pantries** – This new program aligns with the Golden Groceries program that Three Square operates. These senior only food pantries provide an opportunity for a senior to access a food pantry either at their apartment complex, or at a community food pantry that has created hours just for our senior population. At FBNN, these pantries will begin rolling out I October 2020. Food at these pantries will focus on high nutrition, low sugar, low salt, whole grains and fresh produce.



Because your golden years should be delicious.

What is Golden Groceries?

This new program creates a statewide opportunity to address senior hunger through the Golden Groceries brand. These senior only food pantries provide an opportunity for a senior to access a food pantry either at their apartment complex, or at a community food pantry that has created hours just for our senior population. At FBNN, these pantries will begin rolling out in October 2020. Food at these pantries will focus on high nutrition, low sugar, low salt, whole grains and fresh produce.

Where are Golden Grocery Sites?

- Sparks Christian Fellowship
- Center of Influence

But we need your help to expand this program throughout our state and also into California.

What does it mean to be a Golden Grocery Site?

- You will make a commitment to serving and supporting our senior population
- You will provide senior only hours for your pantry.
- You will consider home delivery for homebound seniors.
- You will track your seniors who you serve through your Golden Grocery hours
- You will consider using Oasis insights to track your Golden Grocery utilization
- You will have access to additional purchased food
- You will have access to equipment to support your senior expansion

Next Steps...

- Reach out to Jenny Yeager or Julie Colon to move forward with your senior hunger work!

Thank you!

Jenny Yeager

Director of Programs &
Community Engagement

jyeager@fbnn.org

775-331-3663 ext. 108

Julie Colon

Program Support

juliecolon@fbnn.org

775-331-3663 ext. 145