



Our work to end SENIOR HUNGER

Hunger Today

Baby Boomers—people born in 1964 or earlier—are now the fastest-growing users of food shelves. In fact, more than 20% of older adults in the United States will experience food insufficiency at some point in their 60s and 70s, according to a 2022 University of Michigan study. Consistent increases in medical and housing costs hit those on a fixed income, like many seniors, the hardest. That means putting food on the table can be a struggle for older adults

For seniors struggling to make ends meet, these scenarios are common:

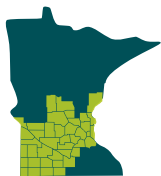
- running out of food,
- skipping meals,
- choosing between food and medicine, or
- postponing medical care.



When seniors lack the nutritious food needed to fuel an active, healthy lifestyle, their mental and physical health are affected. Food insecurity can also exacerbate existing health conditions, including diabetes, obesity, heart disease and many others.

Our Work

Through our food bank operations and our hunger-fighting programming, we work to reduce the gaps in nutrition services for older Minnesotans.



We distributed nearly 123 million pounds of food last year to our food shelf and nonprofit partners.



Our SNAP outreach efforts work to find and enroll the 58% of seniors who are eligible for but not yet participating in SNAP.



We provided senior food boxes to more than 230 distribution sites, serving more than 5,300 seniors each month in 2022.



Our FOODRx program delivers nutrition boxes that are tailored to the specific needs and preferences of patients.

Reaching Seniors

The Nutrition Assistance Program for Seniors, part of the Commodity Supplemental Food Program, is a federally funded food resource for older Americans. In Minnesota, 14,000 seniors participate and receive a monthly food box, resources that allow precious financial resources to go toward urgent expenses like medicine and utilities instead of groceries.



Senior Spotlight

Gregory, a local CSFP participant, told us, “Right now, it's just hard to make ends meet. By the time I pay my rent and stuff tomorrow, I got maybe about 20 bucks to my name. Being diabetic, I have to buy [medication] ... so that's 36 bucks. But I got to survive. [CSFP] helps.”

Many food assistance resources exist, but there is often a lack of participation among seniors due to technology or terminology barriers, or concern that the benefit is not worth the effort. A significant obstacle to food access is the invisible barrier of stigma about receiving help, or the misperception that there isn't enough food to go around, both of which are far from the truth.



We aim to ensure every senior in our region
—regardless of race, place or class—
eats healthy food every day.
Learn more at 2harvest.org/CSFP