

A woman with long brown hair is carrying a young child on her back. They are in a grassy field with a bright sun in the background, creating a warm, golden glow. The child is wearing a striped shirt, and the woman is wearing a light-colored top. The scene is peaceful and natural.

The Idaho Foodbank:
Hunger to Health 101 & Alignment with Goal 2



Kelsey Cooper, MPH
Community Health Coordinator

Our Approach Towards a Hunger-Free Idaho

GOAL 2 – Increase awareness of Food and Nutrition Projects in Elmore County

Objective 1: Education programs

Objective 2: Healthy food sites



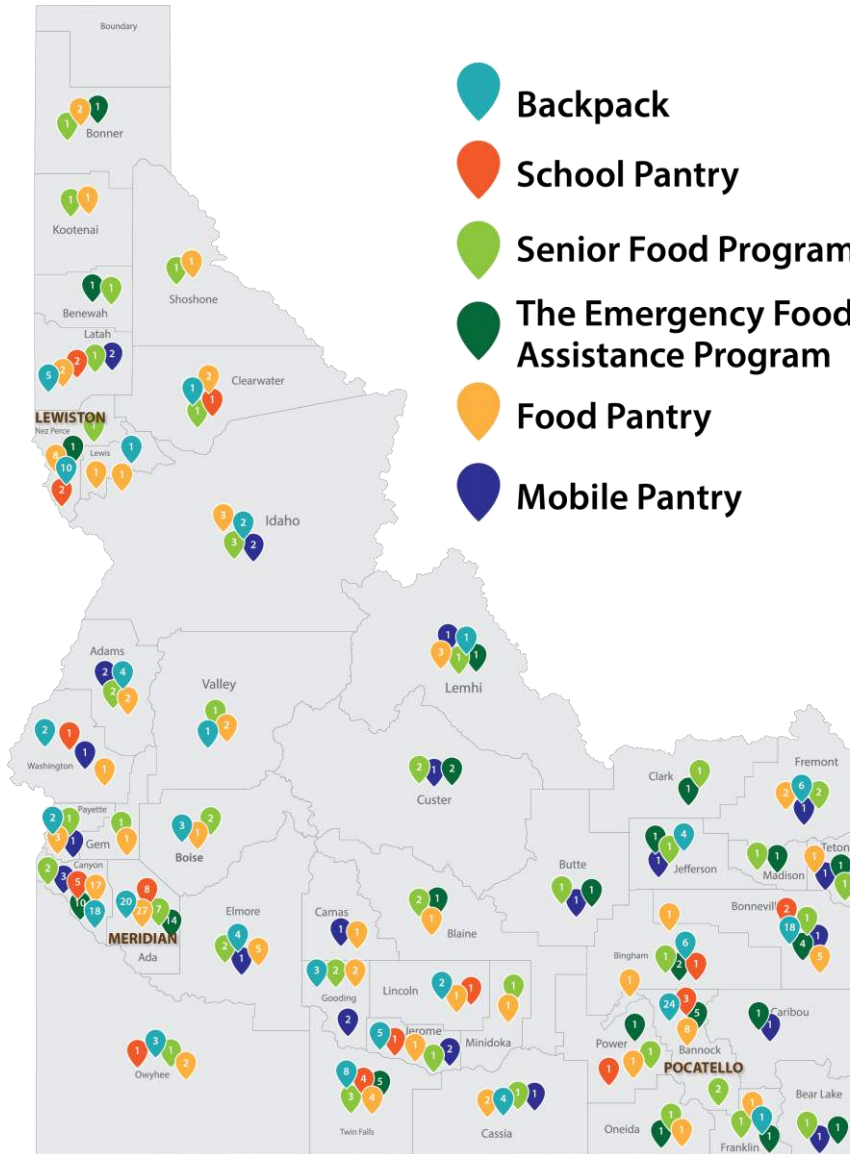
Nourish

Educate

Ending
Hunger

Together, we can solve hunger.

Idaho's Partner Network



Warehouse Distribution Facilities

- Meridian
- Lewiston
- Pocatello

480+ Community Partners (schools, emergency food pantries, senior centers, feeding sites, emergency shelters)

Find food near you: <https://idahofoodbank.org/getfood/>

As many as 184,000 people served any given month.

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Food Insecurity in Idaho & Elmore County

“1 in 10”

Children
46,800

“1 in 11”

Individuals
152,890

Elmore County

“1 in 9”

3,270 individuals

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Food Insecurity

Food Insecurity: Lack of consistent access to enough food for an active, healthy life.

U.S. Department of Agriculture (USDA)

Hunger vs Food Insecurity:

Hunger is a personal, physical sensation of discomfort while *food insecurity* refers to a lack of available financial resources for food at the household level



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What Does Food Insecurity Look Like?

“A job loss and medical bills that insurance refused to pay left us uncertain if we could put food on the table. There is nothing worse than the feeling of not being able to provide for your children.”

Neighbor, The Idaho Foodbank

Prior to COVID-19 millions of people in America lived paycheck to paycheck. According to the Federal Reserve, **40% of Americans did not have enough cash on hand to cover a \$400 emergency expense.**



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The Link Between Hunger and Health

A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease



Adapted: Seligman HK, Schillinger D. N Engl J Med. 2010;363:6-9.

Sources:

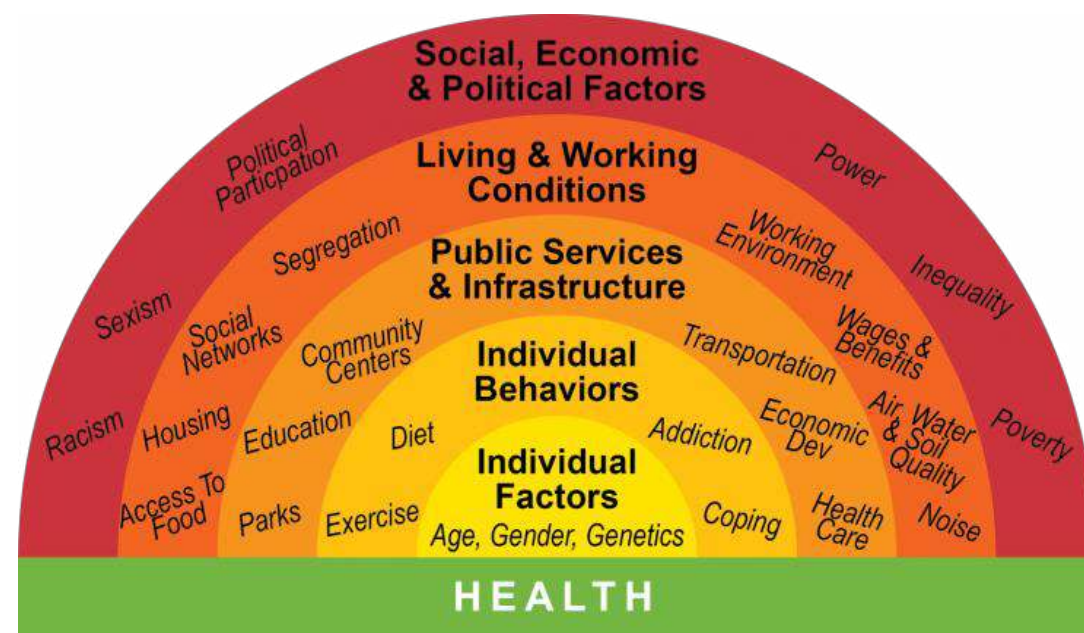
[Journal of the Academy of Nutrition and Dietetics](#)
[Feeding America](#)

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Hunger to Health Strategy

Food and Health

- Food as a social determinant of health (SDOH)
- "SDOH are conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life-risks and outcomes." - CDC
- Through the H2H Strategy, IFB works to meet people where they are to support community health through nutrition, education, and collaborative efforts



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Programs that Make a Difference



Together, we can solve hunger.

Programs that Make a Difference: Backpack

The Idaho Foodbank's Backpack Program ensures that students who are chronically hungry have access to adequate food over the weekend by providing them with a Backpack full of nutritious, kid-friendly food every Friday during the school year.

Backpacks Distributed Statewide:

65,000 backpacks to 173 schools in 61 districts

Children Served Statewide Each Week:

1,976

Participating Schools in Elmore County:

Glenns Ferry Schools – Glenns Ferry

East Elementary – Mountain Home

North Elementary – Mountain Home

West Elementary – Mountain Home

Backpack
a program of The Idaho Foodbank



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Programs that Make a Difference: Mobile Pantry

The Mobile Pantry Program distributes food to underserved, usually rural, communities. This program helps populations that do not have access to, or have difficulty accessing, food assistance.

Mobile Pantries Statewide:

632 mobile pantries serving 5,054,444 pounds of food

People Served Statewide (monthly average):

14,560

Mobile Pantries in Elmore County:

**Glenns Ferry “Three Island Pantry” – Veterans of Foreign War Hall
Mountain Home Community Distribution – Optimist Park**



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Programs that Make a Difference: CSFP

The Commodity Supplemental Food Program is a U.S. Department of Agriculture program. CSFP is administered through a partnership with the Idaho Commission on Aging and executed by The Idaho Foodbank.

Boxes Distributed Statewide:

24,418 boxes per year, across all 44 counties

Average Pounds of Food in Each Box:

30

CSFP Distribution Sites in Elmore County:

Calvary Chapel Fellowship – Mountain Home

Three Island Pantry – Glenns Ferry

**Commodity Supplemental
Food Program**



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Programs That Make a Difference: Food Pantry

Food pantries are brick and mortar facilities that provide food to neighbors in need. Pantries often offer a variety of food and non-food items such as hygiene products, health resources, etc.

There are no eligibility requirements for general pantries, unless they are providing TEFAP foods. There may be other requests for information based on the program.

Food Pantries Statewide:
169 pantry partners

Food Pantries in Elmore County:

Bennett Mountain Community School Pantry – Mountain Home

El-Ada CAP – Mountain Home

Three Island Pantry – Glenss Ferry

South Fork Boise River Senior Center – Pine

- Free meal site and pantry

Our Lady of Good Counsel Parish – Mountain Home

- Free meal site and pantry



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Programs that Make a Difference: Cooking Matters

Developed by Share Our Strength, Cooking Matters is a 6-week, evidence-based, hands-on, cooking-based program for parents and caregivers that teaches food preparation and food budgeting skills that people need to make lasting changes to their eating habits. Cooking Matters at the Store is a one-day program that teaches participants how to identify healthy and less expensive options at their local grocery store.

Cooking and In-Store Classes Statewide:

63

Participants Statewide:

974

Graduation Rate for Six-Week Classes:

90%

Volunteers Enlisted Statewide:

162

**COOKING
MATTERS®**



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Community Resources that Make a Difference

- findhelpidaho.org
- SNAP (food stamps)
- WIC
- FDPIR
- Food Assistance Locator

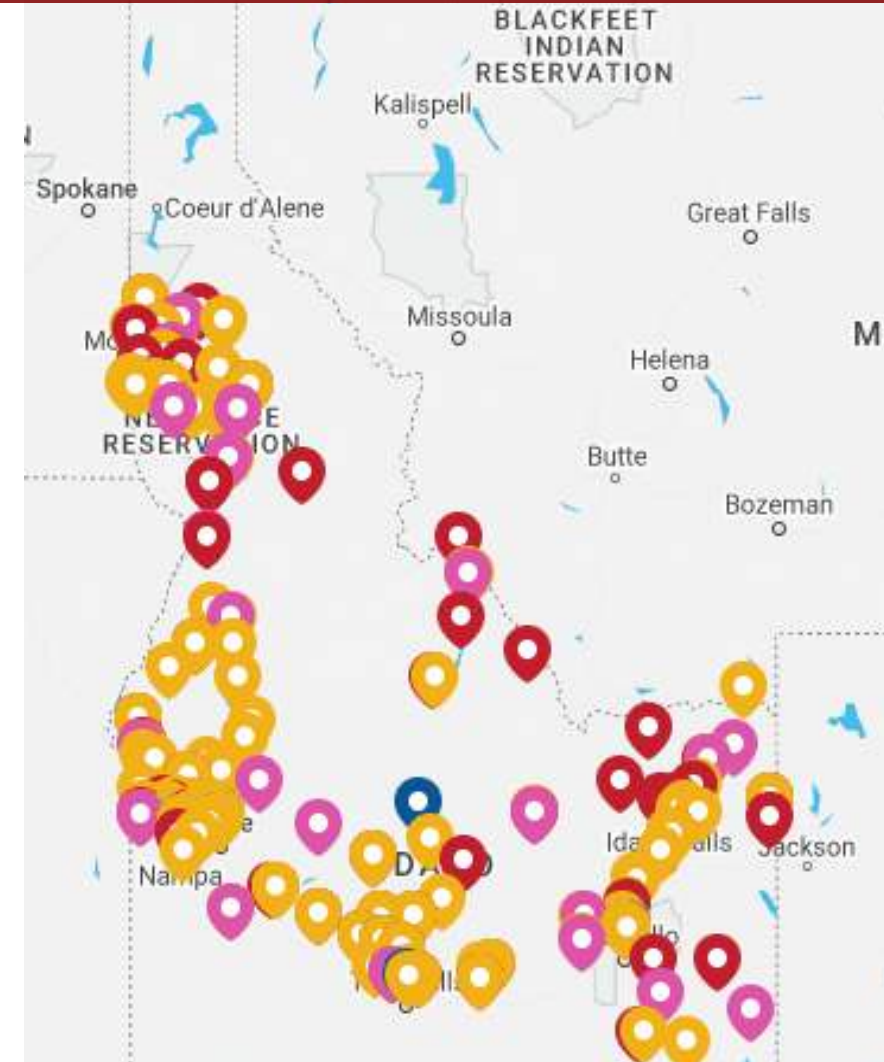


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Food Assistance Locator

1. Tool to identify free food distribution sites by zip code
2. Shows hours, locations, contact info.
3. Filter by services
 - Emergency shelter
 - Food pantry
 - Free meal site
 - Mobile pantry
 - Senior center

idahofoodbank.org/get-help/getfood



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ECHC Goals

Goal 2 – Increase awareness of Food and Nutrition Projects in Elmore County

Objective 1: By December 31st, 2023, promote awareness of and support at least 3 food and nutrition education programs in Elmore County.

- 2.1.1 Conduct an inventory of food and nutrition programs currently being offered in Elmore County

Objective 2: By December 31st, 2023, promote awareness of at least 3 sites that provide affordable access to healthy food.

- 2.2.1 Conduct an inventory of places to access healthy, affordable food being offered in Elmore County

Possible next steps –

ECHC reaches out to community pantries for promotion

- Pantry resources and Cooking Matters



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Contact

**For Hunger to Health Related
Inquiries**

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