



ECHC

Elmore County Health Coalition

National Nutrition Month 2025: Food Connects Us

In 1973, the American Dietetics Association, now the Academy of Nutrition and Dietetics, started a campaign emphasizing the importance of adequate nutrition. The theme changes yearly, but the underlying message remains the same: choosing nutritious foods, getting sufficient physical activity, and preventing chronic disease. This year, the theme is Food Connects Us. Although there are various ways that food connects us, relatable connections are easily found through culture and health.

Sharing the experience of a meal can create an opportunity to stand on common ground with other cultures and your neighbors. Regardless of where you come from, you can connect with others through food, as it is one of humanity's most essential needs. Food provides nourishment for the body and mind but also satisfies the desire to learn about traditions that make us who we are. Diverse cuisines mingled with preparation techniques passed between cultures can facilitate a space of belonging and acceptance.

When planning your meals, include fruits and vegetables, food that is low in sodium and less than 5% added sugar, whole grains, quality protein from plant and/or animal sources, and low-fat dairy or a fortified dairy alternative. Exploring a variety of foods and trying some of these basic tips can simplify your connection to the world around you, promote a healthier lifestyle, and meet your nutrient needs.

Nourishing food connects you to your well-being. Disease prevention relies on knowing which foods provide the nutrients your body needs and having access to those foods. Nutrition education is a valuable tool for making informed decisions when stretching the food dollar. Connecting Elmore County residents with evidence-based nutrition education is a top priority of the Elmore County Health Coalition; as well as promoting community-based resources that offer access to food, such as food pantries, SNAP, and WIC, can decrease the stress of filling the gaps in a tight grocery budget.

To learn more about Elmore County specific food access locations, see the Elmore County Food Locator cards below:

NEED FOOD?



GET FREE FOOD NEAR YOU IN ELMORE COUNTY

SCAN
HERE



IDAHOFOODBANK.ORG/GETFOOD

MOUNTAIN HOME	Address	Hours	Contact Information	Type of Food Service
Bennett Mountain Community School Pantry	560 E Jackson Street, Mountain Home, ID	2nd Wednesday of the month, 3:30 - 5:00 pm	(208) 587-3837	Food pantry
Calvary Chapel Fellowship of Mountain Home	405 N Main Street, Mountain Home, ID	3rd Monday of the month, 4:00 - 6:00 pm; 3rd Tuesday of the month, 10:00 - 11:00 am (senior boxes only)	(208) 580-0662	Food pantry Senior boxes
El-Ada CAP - Mountain Home	585 N 3rd East, Mountain Home, ID	Monday - Friday, 8:00 am - 12:00 pm and 1:00 - 4:30 pm	(208) 587-8407	Food pantry
Mountain Home Mobile Pantry - Optimist Park	N 23rd Street, Mountain Home, ID	Monthly	208-577-2699; mobilepantry@idahofoodbank.org	Mobile pantry
St. Vincent de Paul - Our Lady of Good Counsel	342 East Jackson Street, Mountain Home, ID	4th Tuesday of the month 4:00 - 5:30 pm; Community dinners given during drive thru	(208) 331-2208	Food pantry Feeding site
The Rock Church- Soup On Sunday	315 S 4th E, Mountain Home, ID	Sunday at 1:00 pm	(208) 587-3632	Hot soup meal served
GLENN'S FERRY	Address	Hours	Contact Information	Type of Food Service
Glenns Ferry Mobile Pantry - Veterans of Foreign Wars Hall	132 E 5th Street, Glenns Ferry, ID	4th Tuesday of the month, 10:00 - 11:00 am	mobilepantry@idahofoodbank.org	Mobile pantry TEFAP
Three Island Pantry	468 E Cleveland Road, Glenns Ferry, ID	2nd Monday, Tuesday, and Thursday of month 9:00 - 11:00 am	(208) 366-2051	Food pantry Senior boxes
PINE	Address	Hours	Contact Information	Type of Food Service
South Fork Boise River Senior Center	350 N Pine-Featherville Rd, Pine, ID	3rd Monday of the month 11:00 am - 1:00 pm (pantry); Tuesdays 12:00 - 1:00 pm (feeding site)	(208) 653-2595	Food pantry Feeding site

¿NECESITAS COMIDA?



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MOUNTAIN HOME	Dirección	Horas	Información del contacto	Tipo de servicio de comida
Bennett Mountain Community School Pantry	560 E Jackson Street, Mountain Home, ID	2do miércoles del mes, 3:30 - 5:00 pm	(208) 587-3837	Dispensa de alimentos
Calvary Chapel Fellowship of Mountain Home	405 N Main Street, Mountain Home, ID	3er lunes del mes, 4:00 - 6:00 pm; 3er martes del mes, 10:00 - 11:00 am (solo pabcos para adultos mayores)	(208) 580-0662	Dispensa de alimentos Cajas para personas mayores
El-Ada CAP - Mountain Home	585 N 3rd East, Mountain Home, ID	Lunes a viernes, de 8:00 a 12:00 horas y de 13:00 a 16:30 horas.	(208) 587-8407	Dispensa de alimentos
Mountain Home Mobile Pantry - Optimist Park	North 23rd Street, Mountain Home, ID	Mensual	(208) 577-2699; mobilepantry@idahofoodbank.org	Dispensa móvil
St. Vincent de Paul - Our Lady of Good Counsel	342 East Jackson Street, Mountain Home, ID	4º martes del mes 4:00 - 5:30 pm; Cenas comunitarias ofrecidas durante el drive thru	(208) 331-2208	Dispensa de alimentos Sitio de alimentación
The Rock Church- Soup On Sunday	315 S 4th E, Mountain Home, ID	Domingo a las 13:00 horas	(208) 587-3632	Comida de sopa caliente servida
GLENN'S FERRY	Dirección	Horas	Información del contacto	Tipo de servicio de comida
Glenns Ferry Mobile Pantry - Veterans of Foreign Wars Hall	132 E 5th Street, Glenns Ferry, ID	4to martes del mes, 10:00 - 11:00 am	mobilepantry@idahofoodbank.org	Dispensa móvil TEFAP
Three Island Pantry	468 E Cleveland Road, Glenns Ferry, ID	2do lunes, martes y jueves del mes 9:00 - 11:00 am	(208) 366-2051	Dispensa de alimentos Cajas para personas mayores
PINE	Dirección	Horas	Información del contacto	Tipo de servicio de comida
South Fork Boise River Senior Center	350 N Pine-Featherville Rd, Pine, ID	3er lunes del mes 11:00 am - 1:00 pm (dispensa); martes 12:00 - 1:00 pm (sitio de alimentación)	(208) 653-2595	Dispensa de alimentos Sitio de alimentación

