



GOLDEN HARVEST FOOD BANK

feeding lives together

SENIOR FOOD BOX

SENIOR HUNGER

Many senior adults living on a small fixed income face a monthly choice between buying enough food and paying for basic expenses like medication, housing and utilities. Purchasing food, especially nutritious food, is often last on their list. All too often, seniors in need find themselves staring into an empty pantry towards the end of each month with nowhere to turn for help.

Hunger and malnutrition places these senior adults at high risk for a variety of health problems including diabetes, heart disease, and depression.

HOW WE HELP

The Senior Food Box program identifies senior adults facing hunger and provides them with a box of groceries towards the end of each month. Each box contains an assortment of nutritious food designed to meet the unique nutritional needs of the elderly including lean proteins, fruits and vegetables, and whole grains - enough for 15 meals!

Senior Food Boxes are either distributed to participants at convenient locations like housing complexes and senior centers or delivered directly to their homes.

You can help by sponsoring a senior in the program for just \$15 per month. Give online and change a life today!

