Feed Seniors

The number of food-insecure seniors has grown by 200 percent since 2001 and is expected to grow another 40 percent by 2050. So, the Food Bank operates two programs to reach our older neighbors—many of whom are homebound and unable to get to food pantries—ensuring that they receive nutritious food every month.

“When seniors are forced to make difficult choices about whether to buy food or pay for their medications that month, the Food Bank can provide relief,” says Jennifer Clark Robertson, volunteer and food drive manager.

Each month we pack approximately 2,900 boxes—which requires a constant flow of dedicated volunteers who collectively contribute up to 240 hours each month.

Packing Senior Food Boxes:
- **The Work**—Pack food into boxes; stock the packing area; insert nutrition information; label, seal, and stack boxes on pallets; and break down empty boxes. It’s physical work requiring good mobility.
- **When**—The second week of each month on Monday-Friday. Shifts are available 9 a.m. - 11:30 a.m. or 1 p.m. - 3:30 p.m.
- **How Many**—We can accommodate 12-15 volunteers per shift.
- **Where**—At our Thomas Jefferson Area distribution warehouse, 1207 Harris Street, Charlottesville

Looking for a team-building activity?
Scheduling regular experiences to pack Senior Food Boxes is a great way to unite employees behind a good cause. Volunteering together as a team can strengthen employee engagement as folks work together to fight hunger.

To learn more, visit brafb.org/volunteer, or email cberger@brafb.org to reach Colleen Berger, volunteer and food drive coordinator.

Nutrition Programs for Seniors
The Food Bank offers two programs focused on helping seniors in need:

1. **Senior Food Boxes** distributes food acquired through the Commodity Supplemental Food Program (CSFP), the USDA’s only program that specifically targets low-income seniors. Seniors age 60 and over with incomes at or below 130 percent of the federal poverty guidelines can participate.

2. **The Reach Program** provides food for homebound and low-income seniors, as well as people under 60 years old with special needs. Each month, this program serves individuals whose income means they don’t qualify for Senior Food Boxes.

For information about either program, contact your local food pantry or call the Blue Ridge Area Food Bank at 540.248.3663