



SENIOR HELPINGS A PROGRAM OF



Often called our “Greatest Generation” older Americans built our economy and national infrastructure from which we now benefit. Now many of them are living on fixed incomes in their golden years, and are being forced to choose between paying for medicine, heat and food. In New Mexico, an estimated 21 percent of the 65 or older population lives at, or below, the federal poverty level. Roadrunner Food Bank serves over 21,000 seniors annually.

Seniors are among the most physically vulnerable in our community. With age come unique nutritional needs and medical conditions. Hunger and food insecurity compromise their health through an inability to maintain their special dietary needs. In addition, an increasing number of seniors on fixed incomes are now raising their grandchildren. Two generations of vulnerable individuals are now facing hunger together.

The *Roadrunner Food Bank Senior Helpings Program* is designed to meet the specific nutritional and dietary needs of seniors. Roadrunner Food Bank, with the assistance of a nutritionist, has created three different supplemental food boxes: the *Basic box* contains heart healthy products; the *Diabetic box* has products low in carbohydrates and sugar and the *High Calorie box*, has extra protein and calories.

Each *Senior Helpings box* serves one individual and contains 25-30 pounds of healthy staples and nutritious fruits and vegetables. Each month, Roadrunner distributes approximately 1250 boxes along with fresh produce and perishable items. Boxes are either picked up at one of our partner agencies or delivered directly to the senior’s home.

A year’s worth of *Senior Helpings* boxes costs \$144 - which is less than one day in the hospital.

Won’t you help us provide boxes to more seniors in our state?

For more information about *Roadrunner Food Bank’s Senior Helpings program*, contact Art Fine, Director of Programs, at 505-349-8845 or send an email to art@rrfb.org.

