



SENIOR HELPINGS PROGRAM



The Senior Helpings Program provides supplemental food to low-income seniors living near or below the poverty line. Many seniors have said that they rely on this program to have enough food to last through each month. Seniors have told us that prior to receiving the program they had to make a box of macaroni and cheese last for several days as it was the only food available.



The Senior Helpings Program is designed to meet the nutritional and dietary needs of seniors. Roadrunner Food Bank, with the assistance of a registered dietician, has created a food box that serves one individual and contains more than 37 pounds of food. The box is delivered monthly and provides enough for 30 supplemental meals. Included with the non-perishable items are also fresh fruits, vegetables, and bread. Boxes are distributed to low-income senior housing sites and community food pantries.

Roadrunner distributes 1,195 boxes every month (14,340 every year) to more than 30 sites in both rural and urban communities. Senior Helpings boxes are distributed in 11 counties that stretch from Lea and Eddy County to the south, to Sandoval County and Bernalillo in the north, and to the Arizona border including Catron County and Doña Ana.

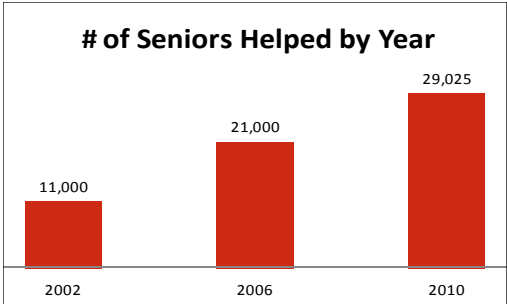


Our "Greatest Generation" struggles to make ends meet. Seniors live on fixed and limited incomes in their golden years and are forced to make difficult choices. Often seniors must choose between paying their rent or mortgage, their utilities, and their medical care and medication before food.



Seniors are among the most physically vulnerable in our community. With advancing age comes unique nutritional needs and medical conditions. Hunger and food insecurity compromise their health even further through an inability to maintain consistent and adequate food intake. An increasing number of seniors on fixed incomes are also now raising their grandchildren. Two generations of vulnerable people are facing hunger together.

While 1,195 seniors benefit from this program every month, the number of seniors seeking help with food is rising. In 2006, more than 21,000 seniors needed help with food, and now Roadrunner is serving nearly 30,000 seniors every year.



HELP A SENIOR IN NEW MEXICO

- Donate \$40 to the Program and help 2 seniors.
- A contribution of \$80 provides a box to 4 seniors.
- Help a senior for an entire year with a gift of \$240, which costs less than one day in the hospital.