



## SENIOR HUNGER



Thousands of New Mexico's seniors are faced with terrible choices every day. Many live on low fixed incomes that do not cover their expenses. Seniors may have outlived their retirement and savings or are primarily dependent on Social Security or disability income. All are at risk of hunger as they struggle to pay for their rent, medical care, medicines and purchase food. The 2010 Hunger Study revealed that more than 29,025 seniors seek emergency food from Roadrunner Food Bank compared to 11,000 we served annually just eight years ago.

Seniors are among the most physically vulnerable to hunger. With age come unique nutritional needs and medical conditions. Hunger and the lack of access to nutritious foods compromise their health. Hunger deteriorates their mental and physical well being. Chronic illnesses worsen with hunger and leave seniors at risk for increased long-term care and hospitalization.

### SENIORS NEED HELP WITH FOOD

- 50% of households with seniors report they do not have enough food to eat.
- 42% of households with seniors have applied for SNAP (food stamp benefits), but only 20% are eligible to receive benefits and still need help with food.
- 39% of seniors utilize senior nutrition sites, Meals On Wheels and senior brown bag programs, but still need help with food.
- More than 46% of seniors report having to choose between paying for food and utilities, and 37% report choosing between food and medical care.
- Seniors have said that food received through food assistance agencies and programs is the only food they will have for the month because of limited income.

### ROADRUNNER FOOD BANK - HELPING HUNGRY SENIORS IN MANY WAYS

**Partner Agencies**—Roadrunner distributes food through a network of hundreds of agencies in the state where seniors seek help with food including food pantries, soup kitchens, and shelters. In fact, nearly 30% of seniors seek help with food at hundreds of food pantries throughout New Mexico.

**Mobile Pantries** – Roadrunner's Mobile Food Pantry Program helps seniors have accessible and nutritious food. Seniors receive 35 pounds of non-perishable food and fresh food including produce, bread, meat, and dairy. New Mexican seniors located in rural areas and with limited access to a grocery store rely on this program for regular and consistent help with food. Some Mobile Food Pantry sites are also expanding their services to include free eye examinations or a visit with a doctor for a check up.

**Senior Helpings** – Roadrunner Food Bank's Senior Helpings program provides a monthly supplemental food box with enough healthy food for 30 meals. Every month 1,195 seniors receive the food box in sites such as low-income senior housing centers and food pantries. Boxes include non-perishable food and a variety of fresh fruits, vegetables and bread.



#### Albuquerque Branch

5840 Office Blvd NE • Albuquerque, NM 87109  
505.247.2052 • [www.rafb.org](http://www.rafb.org)

#### Southern Branch

2001 Copper Loop • Las Cruces, NM 88005  
575.523.4390 • [www.rafb.org](http://www.rafb.org)