

IMPACT REPORT

Senior Nutrition



Blue Ridge Area
FOOD BANK



AUGUST 2025

Full Plates, Full Lives: Supporting Seniors with the Nutrition They Need

Older adults face unique barriers to accessing the nutritious food they need to thrive. Many live on fixed incomes and make difficult choices between affording groceries, medications, or other essentials. Health conditions, limited mobility, and lack of transportation can make it harder to shop for or prepare meals. At the same time, social isolation and caregiving responsibilities—like the increasing number of seniors raising grandchildren—can increase the risk of hunger.

Thanks to your generosity, and to complement the Food Pantry network, two Food Bank grocery programs meet the specific needs of seniors by providing balanced, nutritious meals they can make at home. Through programs called Reach and Senior Food Boxes, the Blue Ridge Area Food Bank works to ensure that every senior has access to the nourishment and dignity they deserve. Your support makes this vital work possible—and brings comfort, health, and hope to thousands of older adults in our region.

Thank you for supporting our vulnerable senior neighbors!



Elizabeth is a retired Certified Nurse Assistant and has been picking up food from CCAP (a Food Bank pantry partner). **“If it wasn’t for you all, then we would really be in trouble,”** she said, expressing her gratitude.

**FLIP TO SEE
YOUR IMPACT**



“The pantry helps the stress. You don’t have to sit and worry about where your next meal is going to come from.”

- Elizabeth, Guest
Congregational
Community Action Project
(CCAP), Winchester

Serving your community through one of
four distribution centers located in
Charlottesville, Lynchburg, Winchester,
and Verona (headquarters).



Senior Nutrition Programs at a Glance

July 2024 - June 2025



20% of people served by the Food Bank were seniors (aged 60+).



A monthly average of **29,550** seniors were served through the food pantry and program network.



A monthly average of **2,750** seniors were served through nutrition programs designed for their needs.



With heartfelt thanks, we acknowledge the many volunteers whose dedicated service supports senior nutrition in the Blue Ridge.



We wouldn't be able to support senior nutrition in the Blue Ridge region without our dedicated volunteers. This year, they packed more than **32,200 Senior Food Boxes and Reach boxes**, delivering needed groceries to their neighbors.

You're helping us ensure every senior has enough to eat—thank you!

Our senior-focused programs are designed to ease the strain on older adults who struggle to afford the groceries they need. They also offer more than just food—they provide connection, dignity, and peace of mind. For many seniors, these services are a vital support system. With your partnership, we can continue to ensure that every older neighbor has access to the nourishment and respect they deserve.

Senior Food Boxes contain food obtained from the Commodity Supplemental Food Program (CSFP), the USDA's only program that specifically targets low-income seniors. Food items are carefully chosen by the food bank and packaged by volunteers to meet the nutritional needs of qualified participants. Nutrition education and recipes are often distributed with the food.

The **Reach Program** extends vital nutrition support and education to older adults and homebound individuals who may not qualify for federally funded programs like the Senior Food Box due to slightly higher incomes. Entirely funded by private donations, Reach fills a critical gap—ensuring that those who are often overlooked still receive the nourishment and care they need to live with dignity and independence.

Thank you for your support!

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