



Blue Ridge Area
FOOD BANK



Nutrition for Seniors

YOUR IMPACT REPORT

SEPTEMBER
2026



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“I’m grateful for all of the food banks [and pantries]. I don’t know how my husband and I would eat all month [without them], because we both live on Social Security.”

*- Joanne, Guest
River City Bread Basket*

Aging With Care: Senior Nutrition Programs

Older adults face unique challenges when it comes to accessing nutritious food. Many live on a fixed income and must make difficult decisions between purchasing groceries, paying for medications, or covering other essential needs. Health concerns, limited mobility, and transportation barriers can make it even harder to consistently access and prepare healthy meals. For some seniors, social isolation and caregiving responsibilities—including caring for grandchildren—can further increase the risk of food insecurity.

To address these challenges, the Blue Ridge Area Food Bank offers specialized programs that complement our network of local food pantries and are designed to meet the unique needs of older adults.

Reach and **Senior Food Boxes** deliver nutritious food to seniors to support their health, independence, and well-being while providing the means to prepare meals at home.

Thank you for helping ensure that our senior neighbors have the support they need to age with health, comfort, and hope.

Thanks to your support, thousands of older adults have the nourishment they need to maintain their quality of life. Your partnership helps provide more than food; it preserves dignity, health, and peace of mind.

Flip this page to see your impact.



Serving your community through 1 of 4
distribution centers located in Charlottesville,
Lynchburg, Winchester, and Verona (headquarters)



Senior Nutrition Programs at a Glance

July 2025 - June 2026



18% of people served by the Food Bank were seniors (aged 60+).



A monthly average of **36,000** seniors were served through our food pantry and program network.



A monthly average of **2,620** seniors were served through nutrition programs designed for their needs.



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



Clarence, 74, and a lifelong resident of Orange County, visits a Mobile Food Pantry every month, without fail. He says the food is good, there is plenty of variety, and it helps him eat better. "It's good food ... and they give me what I want."

The Reach Program

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 program. 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.

Senior Food Boxes

Senior Food Boxes contain food obtained from the Commodity Supplemental Food Program (CSFP), the USDA's only program that specifically targets low-income seniors with low incomes. 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.

Thank you for your support!

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