

Board Election



Schedule

Make Your Vote Count!

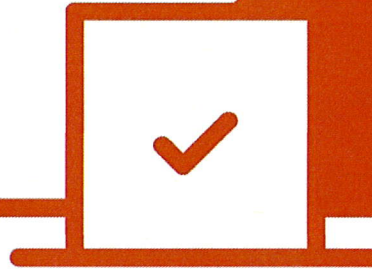
Nominations Open
Wed, Oct 29

Nominations Close
Wed, Nov 5

Meet the Candidates
Thurs, Nov 13, 12:00PM
Dining Room

Board Elections
Wed, Nov 19
8:00AM-5:00PM Library

Announce Results
Thurs, Nov 20, 12:00PM
Dining Room



**Three seats
are up for
election.**



November 2025 Nutrition Article

World **Diabetes** Day is on November 14th. There are 3 main types of diabetes: Type 1 (often appears in childhood), Gestational (occurs during pregnancy), and Type 2 (most common type and develops later in life).

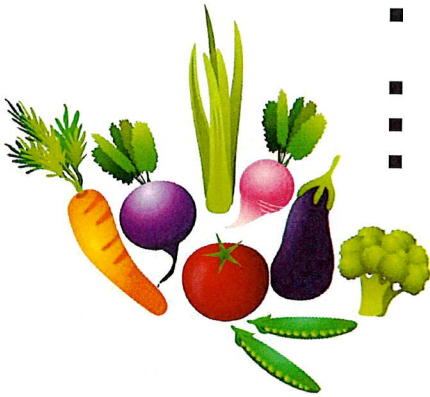
If you are consistently experiencing 1 or more of the following symptoms, it could be beneficial to discuss with your doctor.

- **Constantly thirsty, unable to quench thirst**
- **Frequent urination, especially when it keeps you up during the night**
- **Blurry vision**
- **Excess feelings of hunger**
- **Feeling tired or fatigued**



FREE NUTRITION COUNSELING

- **Free MNT (Medical Nutrition Therapy) services available in person, or via telephone with our registered dietitian Vanessa (habla español), services also available in Spanish. Ask your center staff for details today!**
 - **Please reach out to our site for help with the following:**
 - **New medical diagnosis i.e. cancer, diabetes, difficulty swallowing, weight loss, altered taste, fatigue, etc.**
 - **Food resources - Food banks, pantries, programs, etc.**
 - **Menu planning and recipe ideas**
 - **Budgeting**



Diabetic Friendly and Protein-Packed Peanut Butter Dip

- 1 cup Greek Vanilla Yogurt
- 1 tbsp. Peanut Butter
- ¼ tsp. Ground cinnamon (optional)

Place all ingredients in a bowl and mix until smooth. Dip using carrot sticks, apple slices, crackers, pretzels, etc.

Nutritional Information: 13 grams carbohydrate, 17 grams protein

*** Thanksgiving is quickly approaching! As a friendly reminder from the FDA, leftovers should be consumed within 3-4 days after preparing. Toss out any Thanksgiving leftovers by Monday December 2nd to avoid any possible food borne illness



Senior Nutrition

PROGRAMS OF THE IDAHO FOODBANK

IMPACT REPORT

FISCAL YEAR 2024



Together, we
can solve hunger.



Senior Food Insecurity:

The Commodity Supplemental Food Program (CSFP) improves the health of low-income seniors at least 60 years of age by adding nutritious food to their diets. Eligible seniors receive a free monthly box of food that includes nutrition information and helpful recipes.

In partnership with the Idaho Commission on Aging, The Idaho Foodbank distributes these CSFP senior food boxes through our partner network in all 44 counties of Idaho. Seniors are also served through our Mobile Pantry Program, homeless shelters, churches, and senior centers in our partner network.

Proper Nutrition is the Key to Good Health:

Eating the right foods every day can help older adults reduce the risk of serious health conditions such as heart disease, type 2 diabetes, and stroke. A healthy diet may also help reduce cholesterol and lower blood pressure.

Solving Hunger in Idaho

FISCAL YEAR 2024

44,966

seniors served monthly through all programs and partnerships

2,264

seniors served monthly through CSFP

27,299

CSFP boxes distributed statewide

68

distribution locations in 44 counties

33

average pounds of food in each box

The Commodity Supplemental Food Program (CSFP) is a program that was created by the U.S. Department of Agriculture to improve the health of low-income individuals who are at least 60 years of age by supplementing their diets with nutritious food. The CSFP program is administered through a partnership with the Idaho Commission on Aging and implemented by The Idaho Foodbank through the distribution of food boxes statewide.



Making an Impact

According to Feeding America's State of Senior Hunger report, 73% of Idaho seniors experience food insecurity – the lack of access, at times, to enough food to support a healthy lifestyle. Too many Idaho seniors are at risk of not getting enough to eat. Many seniors are making tough choices between the nutritious food they need and other basic needs including medication and paying for housing and utility bills.

We know that seniors and older Americans who are food insecure receive lower levels of nutrients like iron, calcium, and protein. Eating a variety of food from each food group can help reduce the risk of developing chronic diseases, such as hypertension, type 2 diabetes, and heart disease. Nutritional needs change as a person grows older. For those over age

60, it is important to maintain muscle mass and absorb nutrients. The Idaho Foodbank is proud to serve seniors through a variety of food distribution programs and partnerships, including senior centers, churches, homeless shelters, and mobile pantries.

In our last fiscal year, we served an average of 44,966 Idaho seniors each month. This is an increase in the number of seniors we served in the prior year and reflects the concerns in many Idaho communities about food insecurity among Idaho seniors. The number of seniors we served in fiscal year 2024 includes the 2,400 low-income seniors who receive a monthly CSFP senior food box of nutritious food. We are grateful for our dedicated partners working to help food insecure seniors across the state.

"More seniors have used the food bank and more seniors are probably coming to the senior meals because social security took a big jump but that jump was not enough to cover how much food costs, gasoline costs."

– JK Good Samaritan Pantry Manager
(Kendrick, ID)

"I'm 70 years old and my wife works part-time. This food bank is what keeps us above water."

– Senior served by
The Foodbank's food pantry partner



The Idaho Foodbank is an independent, donor-supported, nonprofit organization. It is the largest statewide distributor of free food assistance in Idaho. The Idaho Foodbank was established in 1984 and since that time has distributed millions of pounds of nutritious food through its facilities in Lewiston, Meridian, and Pocatello. In the last fiscal year, The Foodbank provided food for more than 21.8 million meals to Idahoans living with food insecurity. The Foodbank distributes food through a network of more than 400 partners including schools, food pantries, senior centers, feeding sites, shelters, mobile pantries, and churches. Recognizing the crucial connection between hunger and health, The Idaho Foodbank focuses on providing nutritious food and collaborates with community organizations to promote nutrition education, wellness resources, and healthy living. Visit idahofoodbank.org for more information. You can also find us on your favorite social media platform.

SENIOR NUTRITION
SUPPORTED BY:



This institution is an equal opportunity provider.

Southwestern Idaho
Administrative Offices
3630 E. Commercial Ct.
Meridian, ID 83642
(208)336-9643

Eastern Idaho
555 South 1st. Ave.
Pocatello, ID 83204
(208)233-8811

North Central Idaho
3331 10th St.
Lewiston, ID 83501
(208)746-2288



*The only Idaho
nonprofit to receive a
four-star rating for
15 consecutive years.*

Diet for Seniors With Diabetes



Many people—including family and caregivers—may not fully understand what people with diabetes can and cannot eat. When caring for seniors with diabetes, it's important to be aware of certain myths regarding food and this disease.¹

The American Diabetes Association recommends designing your dinner plate as follows:

½ with nonstarchy vegetables, ¼ with grains and starchy foods (brown rice, green peas, potatoes, pasta), and the last ¼ with protein (nuts, fish, eggs, cheese, chicken).²

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. The key to eating sweets is sticking to very small portions that are saved for special occasions.

Myth: People with diabetes can't have fruit.

Fact: Fruit is a healthy food that contains fiber, vitamins, and minerals. Fruits also contain carbohydrates, which are an important part of a healthy diet, and should be included in meal plans for people with diabetes.

Myth: People with diabetes must follow a special diet.

Fact: Long-term residents with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

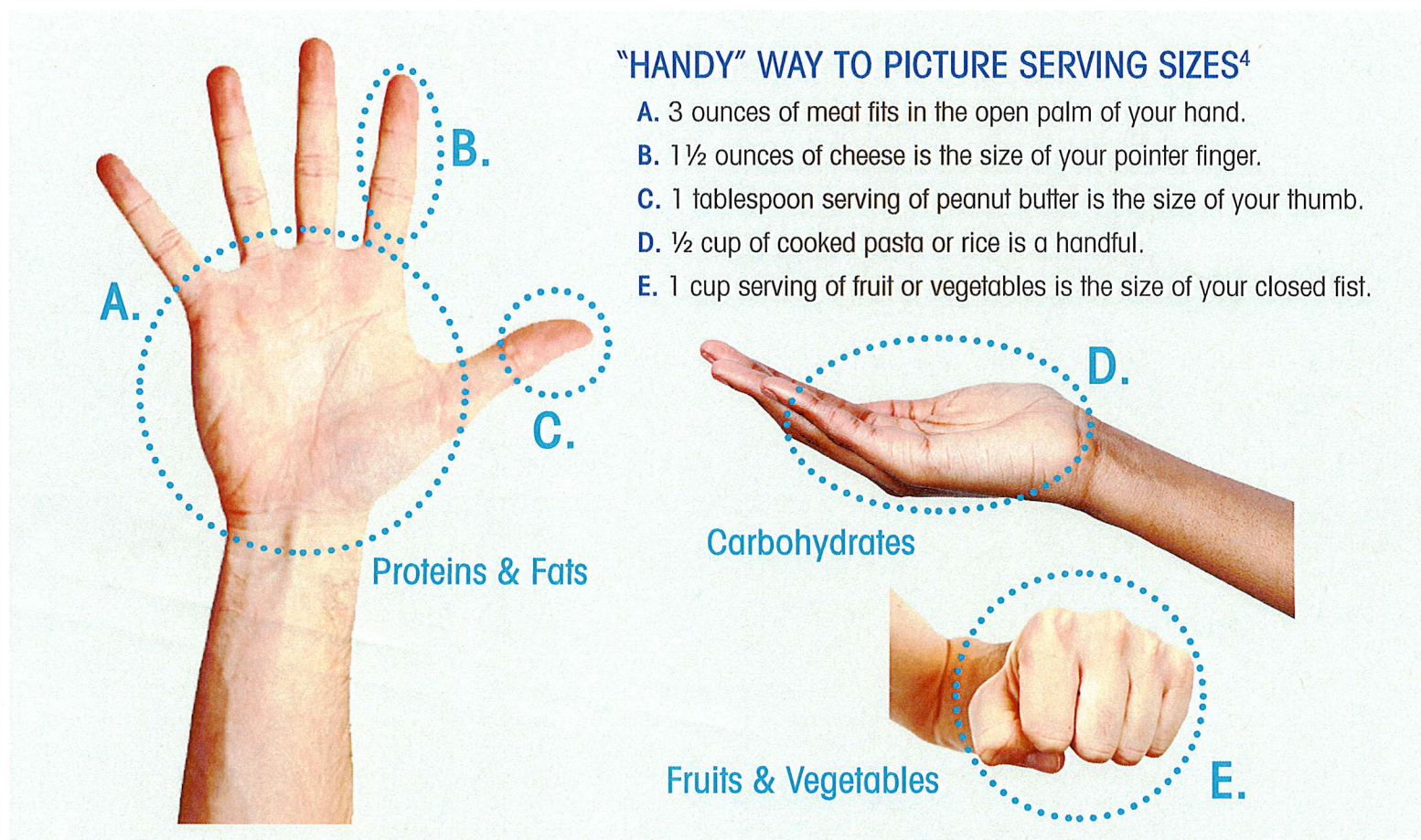
Myth: People with diabetes should avoid carbohydrates.

Fact: Finding the right amount of carbohydrates depends on many things, including how active you are and what medicines you take. A good starting place is 45–60 grams of carbohydrates per meal.

Make a difference for seniors with diabetes

For people with diabetes, proper nutrition is essential. You can make a difference by assessing:³

- His/her dental condition
- Whether he/she can chew and swallow
- Whether he/she has pain or discomfort, especially in the mouth, stomach, or other parts of the gastrointestinal tract
- If he/she is able to eat without assistance
- What he/she likes to eat, the preferred food consistency, and eating habits
- What other conditions he/she might have that could additionally restrict diet



References

1. American Diabetes Association. Diabetes Myths. Retrieved from <http://www.diabetes.org/diabetes-basics/myths/>. Accessed February 2019.
2. American Diabetes Association. Create Your Plate. Retrieved from <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/>. Accessed February 2019.
3. Munshi, M.N., et al. Management of Diabetes in Long-Term Care and Skilled Nursing Facilities: A Position Statement of the American Diabetes Association. *Diabetes Care* 2016;39(2):308-318. Retrieved from <http://care.diabetesjournals.org/content/39/2/308>. Accessed February 2019.
4. Dairy Council of California. Serving Size Comparison Chart. Retrieved from <http://www.healthyeating.org/Health-Wellness-Providers/Tip-Sheets/Serving-Size-Comparison-Chart.aspx>. Accessed February 2019.



"It takes nothing to join the crowd. It takes everything to stand alone."

~Hans F. Hansen

Toilet Talk

Too Good to be True? Don't be Fooled by Health Scams

Have you ever seen an ad on TV or the internet that promises a miracle cure? Maybe it's a weight-loss program that claims you'll lose 20 pounds in a week, or a scalp treatment that guarantees you'll grow thicker hair overnight. Or perhaps it's a supplement that promises to make you super strong, smart or sexy. It all sounds super amazing — but that's the problem.

"If it sounds too good to be true, it is too good to be true," says Mitul Dave, MD, an internal medicine physician at Primary Health and Wellness Center in Ellicott City, Maryland. "Always check with your doctor."

Every year, Americans pour billions of dollars into health and fitness products, hoping for better bodies, smarter minds and longer lives. But behind the enticing ads and miracle promises, many companies are scamming consumers out of their cash, their time and sometimes even their health.

The internet is flooded with ads and testimonials for health and wellness products. It can be hard to tell when something is legit. Scammers often use fake celebrity endorsements or phrases like "proprietary blend," "secret ingredient," "new discovery" or "guaranteed results." Keep in mind that if there was a real cure for something like arthritis or Alzheimer's, you'd hear about it on the news and from your doctor, not on a random ad on social media or an infomercial. "It's so easy to click and order something online," Dave says. "But just because it pops up on your screen doesn't mean it's safe or effective."

According to the U.S. Centers for Disease Control and Prevention, more than half

of American adults take dietary supplements, despite evidence that few people need or benefit from them. Consumers who fall for the products sometimes face risks from poisoning, interactions with prescription medications and even serious illness.

Many people don't realize that the supplement industry in the U.S. is not regulated. In fact, the U.S. Food and Drug Administration does not approve dietary supplements or their ingredients before they are sold to the public. The FDA steps in only if a product is already on the market and has been found to be unsafe or misbranded.

"Anybody can make a website and sell anything in a bottle," Dave says. Weight loss is one of the most common issues targeted by health scammers. Sketchy weight-loss clinics and online pharmacies might promise dramatic results with pills, powders, programs and injections. Even FDA-approved medications such as Wegovy only work well for weight loss when paired with healthy eating and regular physical activity.

Successful weight loss usually means cutting calories, choosing nutritious foods, staying active, and, when needed, getting help from a trusted health care provider. There are no magic shortcuts, unfortunately. You can use these tips to evaluate whether a health product is a scam: Too good to be true? If there is no published scientific study backing up the product, don't trust it. And if it promises fast results with no effort, it's probably a scam. Who's selling it? Anyone can create a website with fake reviews. You can

check with the Better Business Bureau at www.bbb.org for information.

You can also check review sites to see if people are complaining about the company or the product.

Truth or trap? Some companies will continue to charge your credit card month after month for a product you thought you had purchased just once as a free trial, and then they'll make it hard for you to cancel it. Read the fine print before you type in your credit card number.

Clock ticking? Scammers want you to act fast and will pressure you to "buy now." Real health treatments don't come with countdown clocks or limited-time offers.

What's inside? Fraudulent products sometimes contain hidden drug ingredients that can be harmful. Ask your doctor or pharmacist before starting any new health product.

Celebrity endorsed? Don't fall for a product just because a famous person or influencer says something good about it. They're most likely being paid to sell it and may not even be telling the truth.

The bottom line? If you're not sure about a product, check with your health team first to make sure it's safe for you.

For more information, visit the Federal Trade Commission at ftc.gov.

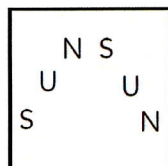
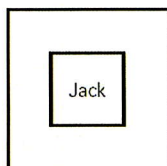
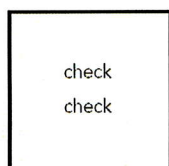


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SOLVE



SOLUTION: DOUBLE CHECK - JACK IN THE BOX - SUNRISE, SUNSET