

# Impact Report

2024

Administered by Utah Food Bank, the Commodity Supplemental Food Program (CSFP) was created by the U.S. Department of Agriculture to improve the health of low-income individuals at least 60 years of age, by supplementing their diets with nutritious foods.

“

I appreciate so much that a volunteer brings me my box since I don't drive.

”

“

I believe you all are doing an incredible service, outstanding job, and my thanks for maintaining quality in my life and others.

”

“

These people are helping many people like me and I appreciate this service 100%. Very helpful and kind and very useful.

”

“

Your service is wonderful. The people are so kind and caring.

”



**Nationally, roughly 1 in 10 seniors struggle with hunger. Utah CSFP provides a monthly food box including a variety of healthy food such as canned fruits and vegetables, whole grains, beans, milk, cheese, and packaged meat.**

**33,731**

**Boxes  
Distributed  
in 2023**

**1,113,123**

**Pounds  
Distributed  
in 2023**

**3,238**

**Seniors  
Served Each  
Month**

**100+**

**Distribution  
Partners  
Statewide**

**414,958**

**Boxes  
Distributed  
Since 2010**

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# State Data

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County	Population	Population over 65	Seniors in Poverty	CSFP Caseload	% Covered by CSFP	State Rank
Beaver . . . . .	7,233	1,114	110	31	28.1	1
Box Elder . . . . .	62,684	8,086	655	66	10.1	18
Cache . . . . .	142,393	14,382	1,755	68	3.9	22
Carbon . . . . .	20,609	3,916	529	59	11.2	16
Daggett . . . . .	992	263	19	5	26.1	3
Davis . . . . .	373,207	41,426	2,651	49	1.8	27
Duchesne . . . . .	20,477	2,703	373	103	27.6	2
Emery . . . . .	10,144	1,806	209	36	17.2	7
Garfield . . . . .	5,314	1,275	119	6	5.1	21
Grand . . . . .	9,706	1,999	218	28	12.8	13
Iron . . . . .	64,211	8,861	1,125	130	11.6	15
Juab . . . . .	13,023	1,563	119	11	9.3	19
Kane . . . . .	8,425	1,988	183	33	18.0	6
Millard . . . . .	13,437	2,365	248	36	14.5	11
Morgan . . . . .	13,000	1,612	64	2	3.1	23
Piute . . . . .	1,550	454	66	8	12.1	14
Rich . . . . .	2,670	547	48	1	2.1	26
Salt Lake . . . . .	1,185,813	143,483	11,048	1,887	17.1	8
San Juan . . . . .	14,358	2,182	498	64	12.9	12
Sanpete . . . . .	30,277	4,481	681	70	10.3	17
Sevier . . . . .	22,344	3,821	386	86	22.3	4
Summit . . . . .	42,759	6,670	360	4	1.1	29
Tooele . . . . .	82,051	7,713	501	91	18.2	5
Uintah . . . . .	37,747	4,681	557	83	14.9	10
Utah . . . . .	719,174	57,534	4,660	57	1.2	28
Wasatch . . . . .	37,144	5,200	260	6	2.3	25
Washington . . . . .	202,452	45,349	4,399	132	3.0	24
Wayne . . . . .	2,614	604	69	11	15.8	9
Weber . . . . .	271,926	33,719	2,866	250	8.7	20

\*Population and poverty data from the U.S. Census Bureau. Seniors in poverty estimated.

\*\*Please note that these figures are for seniors 65+ at poverty level and therefore do not capture the total need within each county.

# Program Overview

The Commodity Supplemental Food Program (CSFP) serves just under 3,000 low-income seniors throughout Utah each month. The program is designed to meet the unique nutritional needs of participants, supplementing diets with a monthly package of healthy, nutritious USDA commodities. With one in six seniors struggling with hunger nationwide, CSFP prevents vulnerable seniors from having to choose between food and other basic needs.

## Who Qualifies

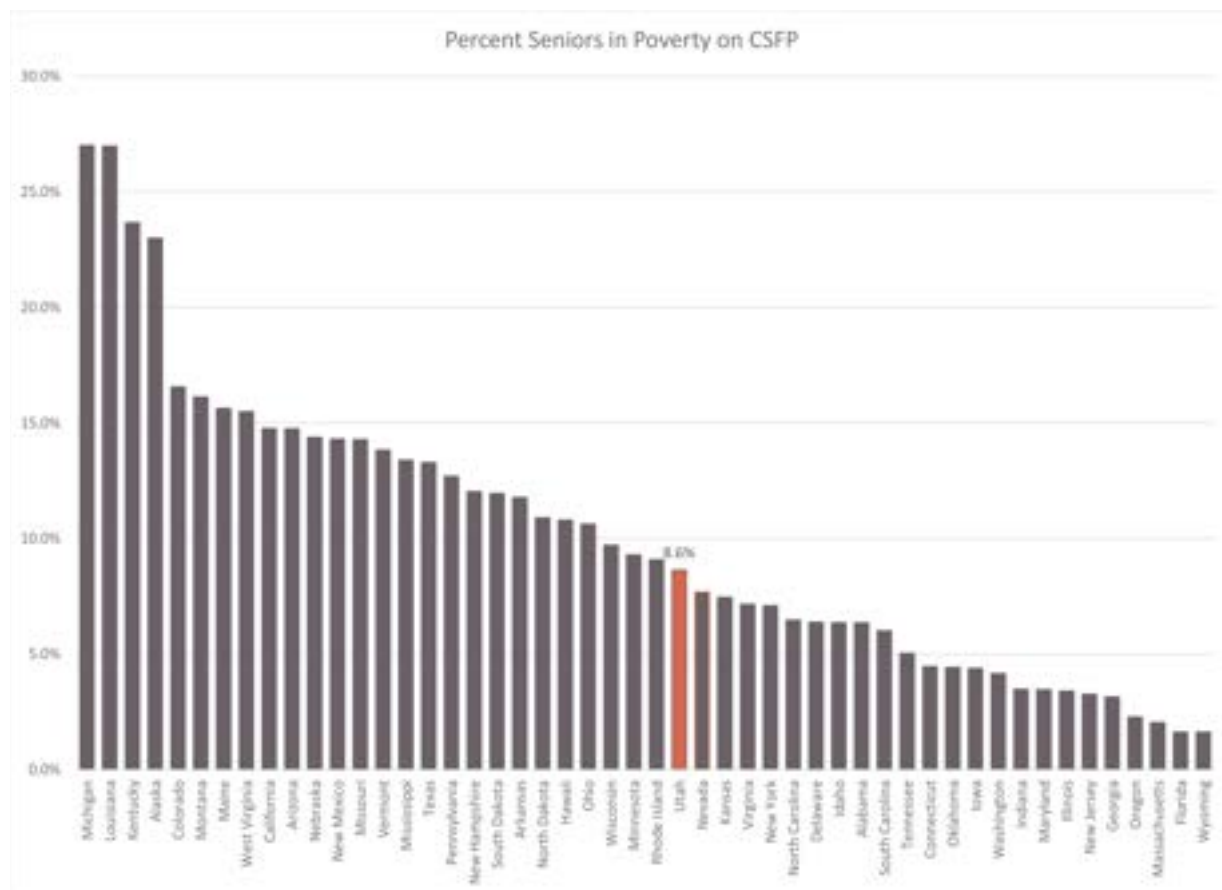
CSFP has eligibility requirements for both income and age. CSFP services individuals age 60 and over with incomes of less than 130% of the Federal Poverty Guideline (\$19,578 for a senior living alone in 2024).

## Targets Vulnerable Seniors

Unlike home-delivered meals and congregate feeding programs in senior centers, CSFP is focused specifically on the low-income senior population.

## Nationwide Reach

CSFP is available in all 50 states. Utah ranks 27th out of 50 states in providing service to at-need seniors.



# Nutritional Benefits

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While CSFP is not expected to provide a complete diet, it is designed to provide nutrients typically lacking in senior's diets. A 2012 USDA study rates CSFP's senior food package at 76.6 on the Healthy Eating Index (HEI), significantly higher than the average American diet (at 57.5 HEI).

## Food Package Contents

The CSFP food package includes commodities from each of the five recommended USDA food categories:

- Canned fruits - unsweetened or lightly sweetened
- Canned vegetables - low sodium or no salt added
- Low fat dairy - cheese and shelf stable milk
- Whole grains - oats, whole grain noodles, brown rice, and cereals
- Variety of proteins - dry and canned beans, lean meats, poultry, and fish

And with over 70 food items available to choose from, participants are promised a new combination of food items every month.

## Purchased not Donated Food

CSFP commodities are 100% American-grown USDA Foods purchased from U.S. farmers and ranchers. Since all products contained in the food box are purchased fresh by the U.S. Government, participants can rest assured that each product goes through strict monitoring at the State and Federal level to keep them free of risk. Participants also appreciate the fact that CSFP commodities are delivered to them well before any expiration date.



# Education Component

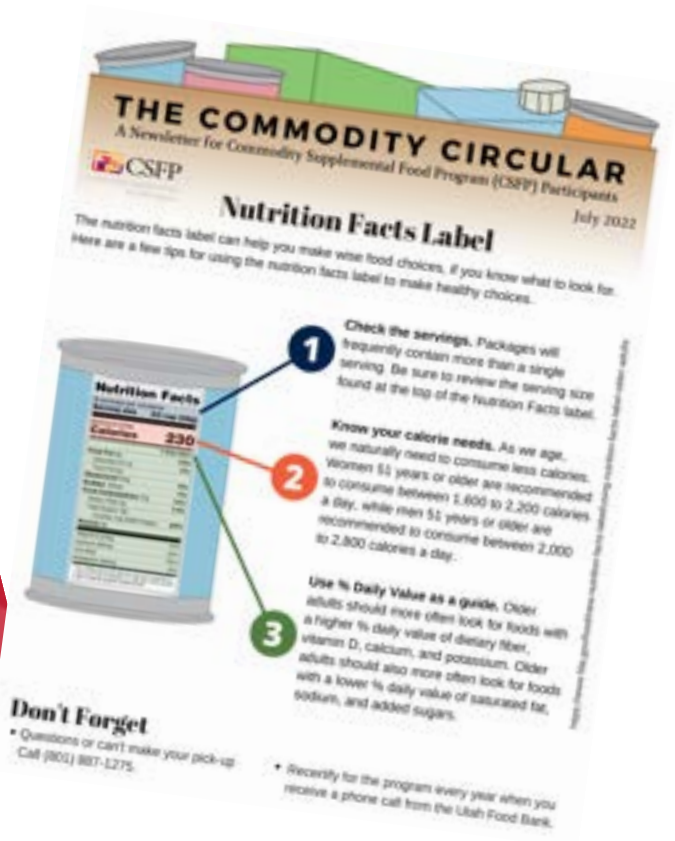
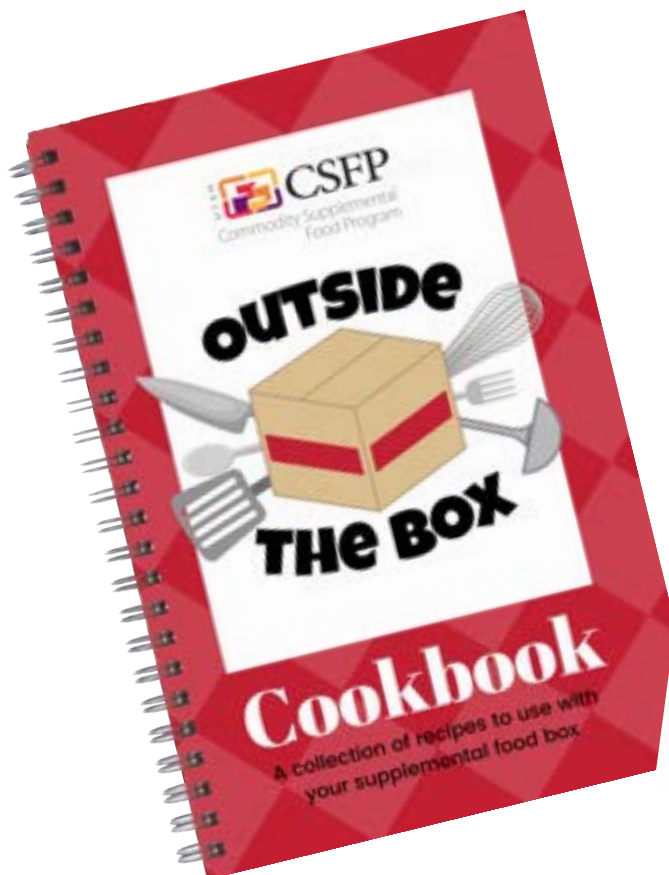
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Utah CSFP takes the USDA charge to offer nutrition education to our clients seriously. Through handouts, special projects, and social media; we are working to improve the habits of the seniors on the program.

Every month a nutrition education handout is included in each and every food box that is distributed throughout the state. Each handout is prepared locally and focuses on issues identified in a comprehensive client survey administered every other year.

Once a year, Utah CSFP undertakes a special educational project. In years past the program has shared a large calendar, a cookbook that included dozens of recipes with commodities included in the program's food box, and an adult coloring book with fun artwork and a some nutrition education on every page.

Additionally, Utah CSFP continues to educate through social media. Included in this effort is a recent initiative to produce short explainer videos on senior health issues, including a video on how to avoid food poisoning.



# Utah CSFP Performance

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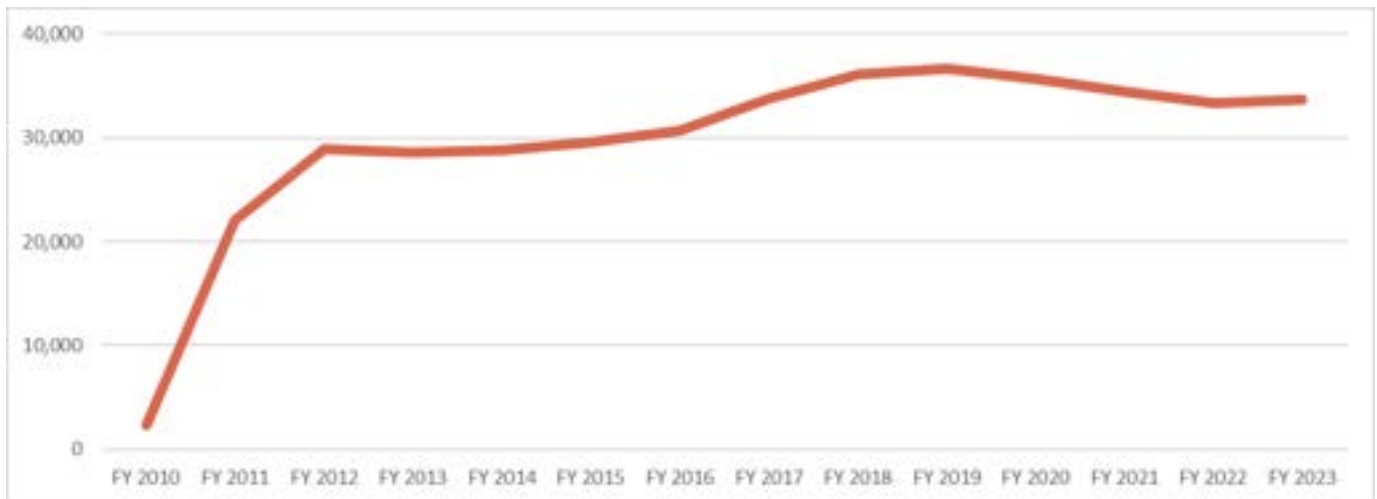
Since its introduction into Utah in 2010, CSFP has continually grown both in caseload and in its reach into counties throughout Utah.

Today Utah CSFP is available in all of Utah's 29 counties. Our federally assigned caseload for FY 2024 is 2,904 clients.

In order to qualify for additional caseload, a state must reach the threshold of 95 percent distribution of caseload. Outside some growing pains in the initial years of the program and recently due to disruptions caused by COVID, Utah CSFP has consistently reached that threshold and has thus seen caseload grow steadily over time.

Thanks to the incredible efforts of Utah Food Bank, the Utah CSFP is in a strong position to continue to grow. Together we can reach more at-risk seniors throughout all 29 counties in the state.

## Yearly Number of Boxes Delivered in Utah



Utah Food Bank stores, packages, and delivers over 30,000 boxes each year. Our goal is to continue to grow to meet the needs of a growing number of food insecure seniors in Utah.

# Your Responsibility

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Most of the administration of CSFP is covered by Utah Food Bank. The allocation of caseload, the purchasing of commodities, the shipping of food boxes, and the processing of applications are all handled by Utah Food Bank. But as a distribution site, you still are responsible in a number of ways to ensure the program is a success.

## **Identify Potential Clients**

As you serve the needs of the at-risk population in your community, pay special attention to those clients 60 years or older who may qualify for CSFP. You can leverage CSFP to free up other resources in your pantry to assist more families in your community.

## **Assist in the Application Process**

Seniors interested in participating in CSFP must first fill out an application form. Your site can verify identification and residency to expedite the process. You should also double check the application has been completely filled out and that there are signatures for the applicant as well as any proxy. Level of income is self-declared.

Once an application is completed, your site will mail, email, or fax the application to Utah Food Bank for certification.

## **Set a Distribution Schedule**

As a distribution site you set the time and means for the distribution of the food boxes to your clientele. When deciding your distribution schedule, please remember the demographics of the CSFP clientele. Our goal is to ensure that our clientele has every opportunity to receive its food box—so please plan your distribution schedule accordingly.

## **Collect a Signature for Each Box Delivered**

For each box distributed, a signature is required. This is an important federal requirement that protects the program from charges of fraud. If a participant is unable to pick up her own box, she is welcome to enlist a proxy to pick up the box for her; but any proxy must be on file as such with Food Bank prior to signing for a participant's box.

Utah Food Bank will provide you with signature sheets you can use while distributing boxes. It is critical for the success of the program that you collect signatures monthly and then return those signature sheets to the food bank before the end of the month.

## **Ensure Civil Rights**

As CSFP is a federal program, you are required to ensure the civil liberties of each client is met. All staff involved in CSFP is required to participate in Civil Rights training available on Utah Food Bank CSFP website every year. Additionally, your site is required to post USDA's "And Justice for All" poster in a prominent location where participants can see and clearly read it.



# Program Marketing

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With a limited budget, Utah CSFP needs to be strategic in its marketing. In the past, we have partnered with direct mailing newspapers in Davis, Salt Lake, and Utah Counties in an effort to share our message with the public. We've also partnered with the County Seat public access television show and PBS Utah's Contact with Mary Dickson to market the program.

In Salt Lake County, we have advertised with City Journals throughout the county over the from 2018 to 2020. The City Journal is delivered to nearly 200,000 homes and businesses each month. In Utah County, Serve Daily is published an ad monthly from March 2018 to February 2019. Serve Daily has a overall reach of 13,000 households. In 2020, an ad was run in the Value Pages mailer in Utah and Davis Counties, reaching a total of 154,500 households.

In 2018, the Utah CSFP also arranged with ABC 4's The County Seat to film and air a segment outlining the program. In 2019, the Utah CSFP was featured on PBS Utah's Contact with Mary Dickson community information program.

In 2021 and 2022, we have been able to send targeted postcards to households with qualifying seniors. And starting in 2023, we entered into an agreement with Utah SNAP allowing us to market the program to SNAP participants who already meet the qualifications of the program. Our outreach to SNAP participants costs significantly less than other forms of outreach and has proven far more effective. Within our pilot outreach program, we saw client enrollment grow 30% in the 11 counties we first reached out to.







## Contact Utah CSFP for more information:

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