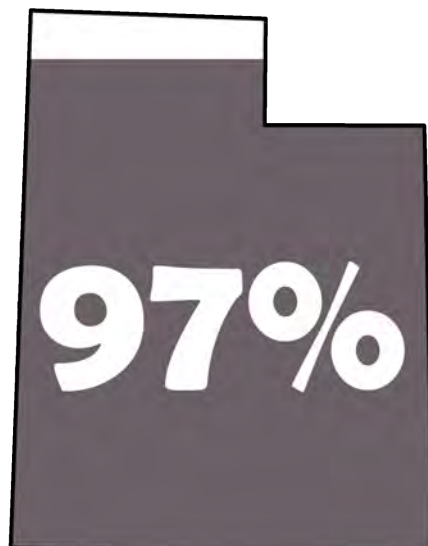


# Impact Report

2020

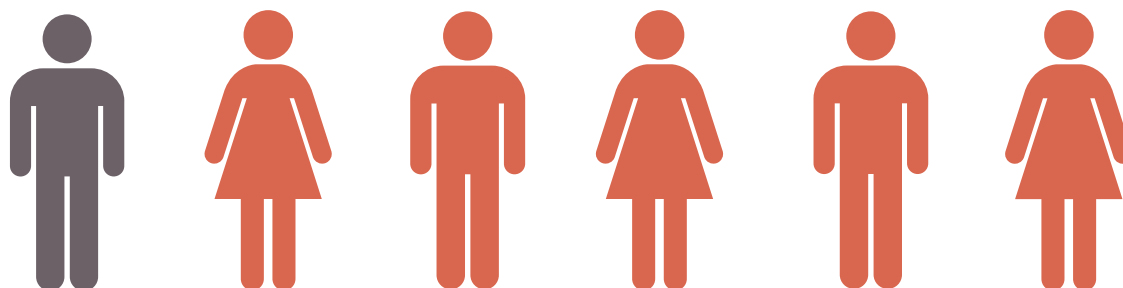
Administered by the Utah Food Bank, the Commodity Supplemental Food Program (CSFP) was created by the U.S. Department of Agriculture to improve the health of low-income individuals at least 60 years of age, by supplementing their diets with nutritious foods.



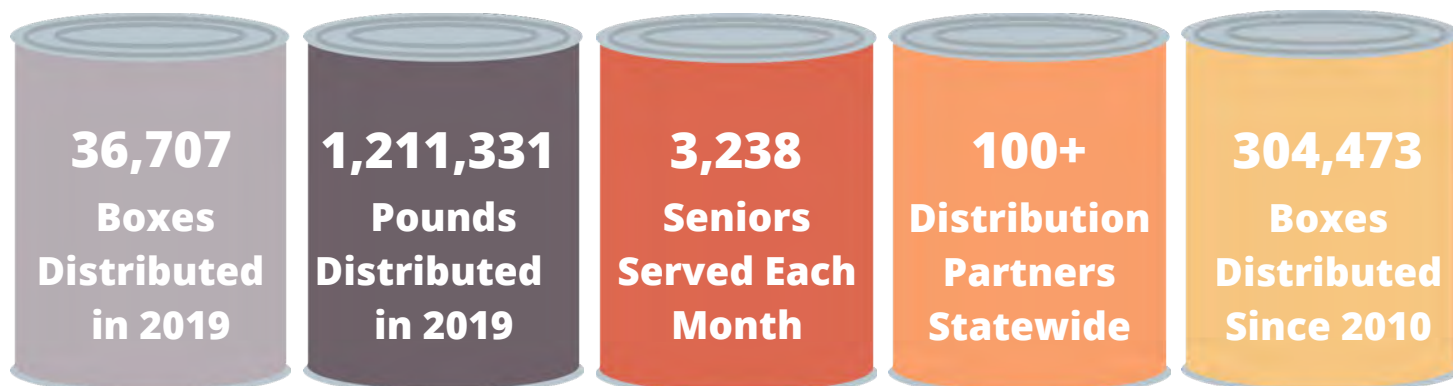
With coverage in 25 of Utah's 29 counties, the Utah CSFP is available for 97% of Utah's citizens.

“Getting this food box helps so much! And I think you are doing something great!”

“Thank you, you are all angels. I do not know what I would do without our monthly box.”



**Nationally, 1 in 6 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.**



*This institution is an equal opportunity provider.*

# State Data

## Participating Counties

County	Population	Population over 65	Seniors in Poverty	CSFP Caseload	% Covered by CSFP	State Rank
Beaver	6710	946	89	26	29.2	3
Box Elder	56,046	7,398	540	61	11.3	15
Cache	128,289	12,572	1,622	56	3.5	21
Carbon	20,463	3,683	530	101	19.0	8
Daggett	950	259	17	9	53.4	1
Davis	355,481	36,615	2,087	55	2.6	23
Duchesne	19,938	2,472	294	133	45.2	2
Emery	10,018	1,773	222	41	18.5	10
Garfield	5,051	1,212	136	8	5.9	18
Grand	9,754	1,892	214	46	21.5	6
Iron	54,839	7,074	1,019	48	4.7	19
Juab	12,017	1,430	122	23	18.9	9
Kane	7,886	1,845	194	19	9.8	17
Morgan	12,124	1,443	58	1	1.7	25
Piute	1,479	416	77	17	22.0	5
Salt Lake	1,160,437	129,969	11,697	1,875	16.0	11
San Juan	15,308	2,281	515	53	10.3	16
Sanpete	30,939	4,486	664	30	4.5	20
Sevier	21,620	3,567	428	101	23.6	4
Tooele	72,259	6,720	457	65	14.2	13
Uintah	35,734	4,038	464	68	14.6	12
Utah	636,235	50,263	4,725	93	2.0	24
Washington	177,556	39,062	3,789	101	2.7	22
Wayne	2,711	596	77	16	20.8	7
Weber	260,213	30,965	2,911	348	12.0	14

## Other Counties

County	Population	Population over 65	Seniors in Poverty
Millard	13,188	2,347	265
Rich	2,483	457	41
Summit	42,145	5,647	350
Wasatch	34,091	4,193	222

\*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 over 3,200 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

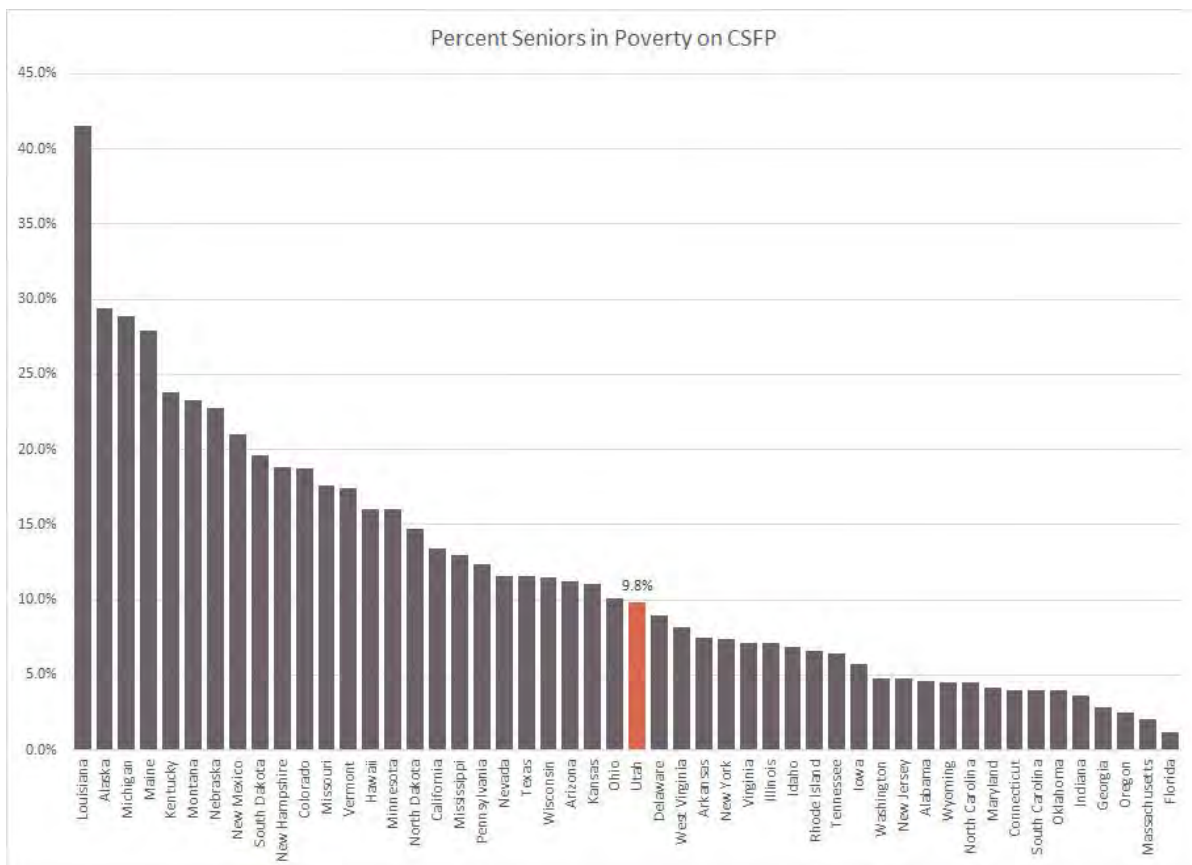
CSFP has eligibility requirements for both income and age. CSFP services individuals age 60 and over with incomes of less than 130% of the Federal Poverty Guideline (\$16,588 for a senior living alone in 2020).

## 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

---

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

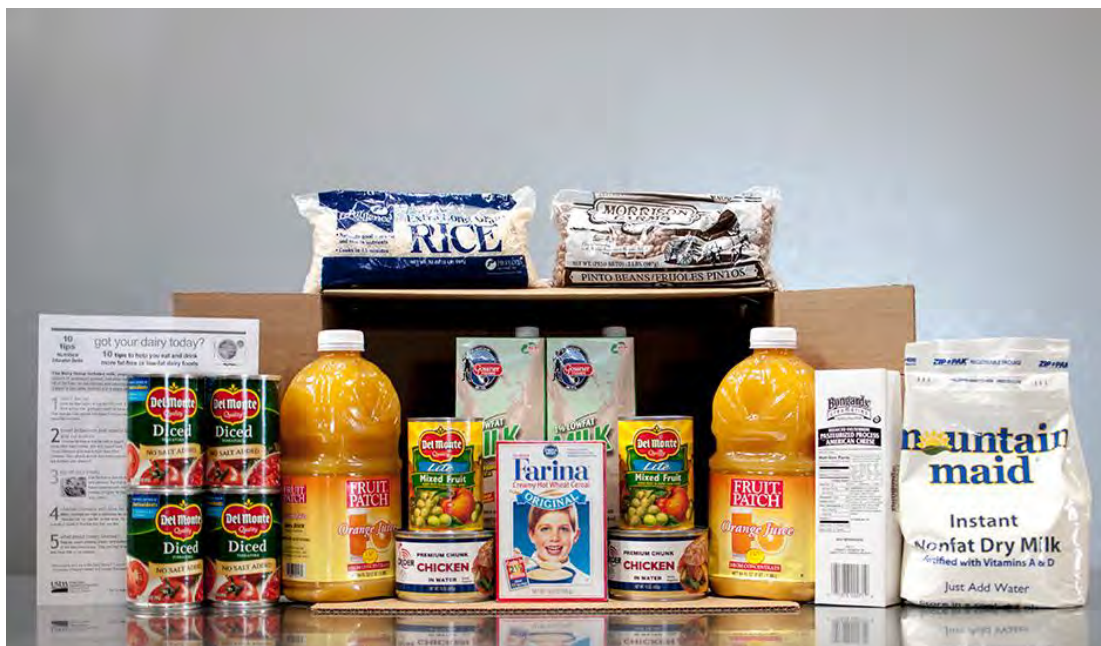
The CSFP food package includes commodities from each of the five recommended USDA food categories:

- 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.



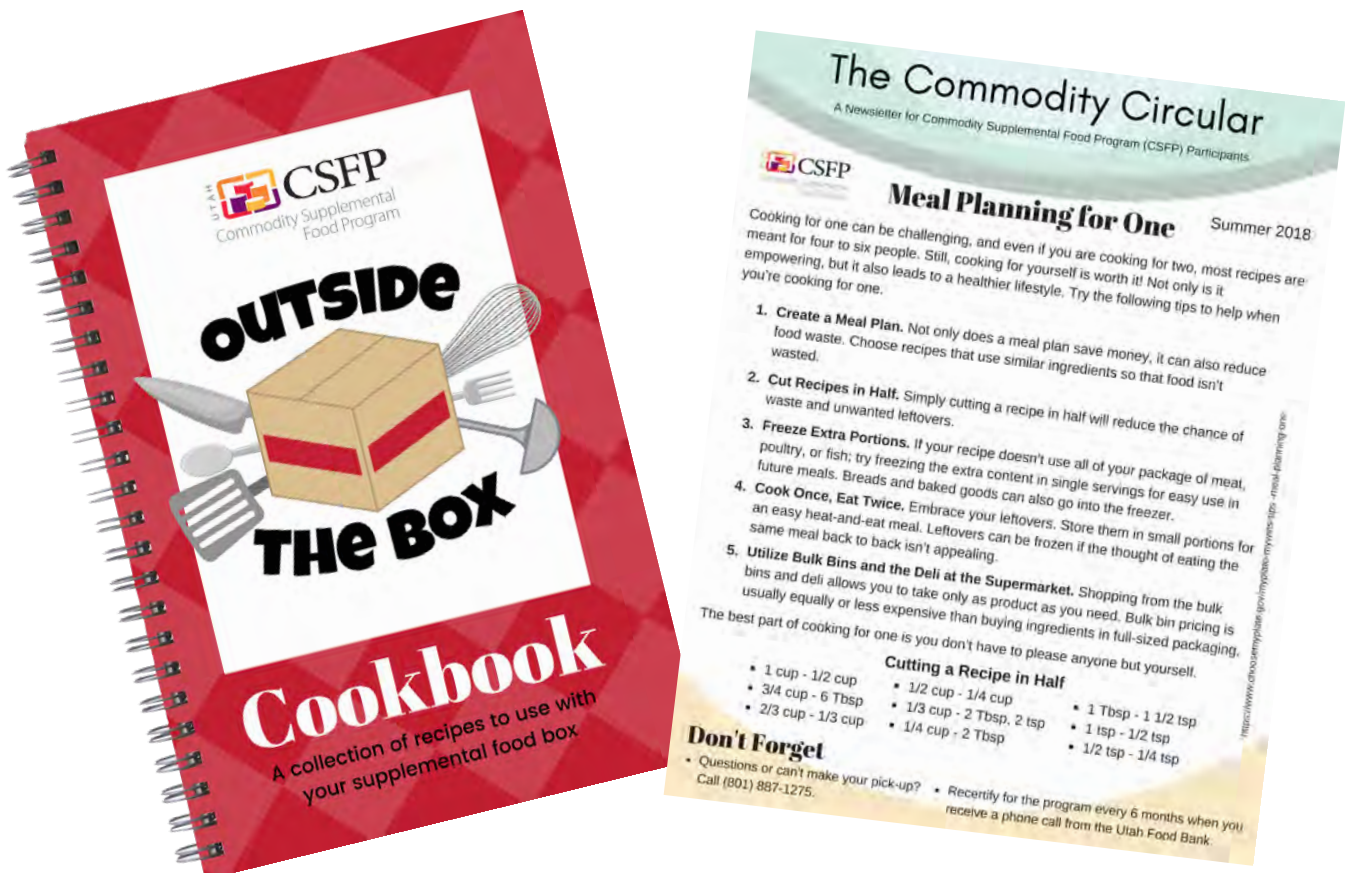
# Education Component

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, include a video on how to avoid food poisoning.





# Utah CSFP Performance

---

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 25 of Utah's 29 counties--capturing 94 percent of Utah's population. Our federally assigned caseload for FY 2020 is 3,238 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, Utah CSFP has consistently reached that threshold and has thus seen caseload grow steadily over time.

Thanks to the incredible efforts of the 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



The Utah Food Bank stores, packages, and delivers over 30,000 boxes each year. Our goal is to continue to grow to the point where we are able to meet the needs of seniors in each of Utah's 29 counties.

# Your Responsibility

---

Most of the administration of CSFP is covered by the 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 the 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 the 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 the Food Bank prior to signing for a participant's box.

The 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 the 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

---

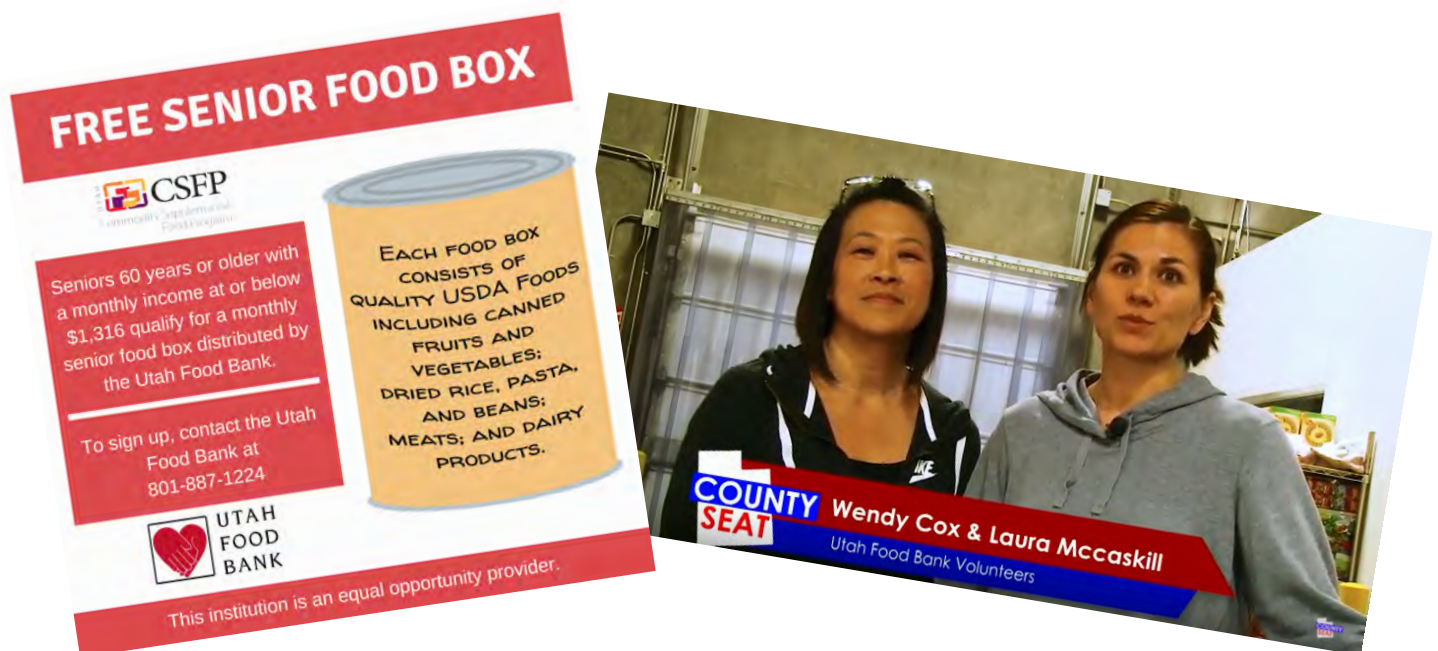
With a limited budget, Utah CSFP needs to be strategic in its marketing. Since 2018, we have partnered with direct mailing newspapers in Salt Lake and Utah Counties in an effort to share our message with the public. We've also partnered with the County Seat public access television show and PBS Utah's Contact with Mary Dickson to market the program.

In Salt Lake County, we are advertising with City Journals throughout the county over the course of three months. The City Journal is delivered to nearly 200,000 homes and businesses each month.

In Utah County, Serve Daily is publishing 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 the County Seat to film and air a segment outlining the program. The County Seat is broadcast on ABC 4 every Saturday night at 11:00 PM and Sunday morning at 8:30 AM. In 2019, the Utah CSFP was featured on PBS Utah's Contact with Mary Dickson community information program.

Finally, Utah CSFP maintains a Facebook page that is regularly updated with both educational and marketing content.







## Contact Utah CSFP for more information:

Denise Nielson, Outreach - 801 887-1224

Emily Roncancio, Inventory - 801 887-1280

Arie Van De Graaff, State Representative - 801 245-0087

This institution is an equal opportunity provider.



UTAH  
FOOD  
BANK