

### **OBJECTIVES**

- Briefly discuss health needs as we age
- Briefly discuss chronic diet related issues our seniors may face
- Discuss how we can use CSFP to promote nutrition and wellness in our aging population



### INTRODUCTION: RICKEYA SMITH, RDN

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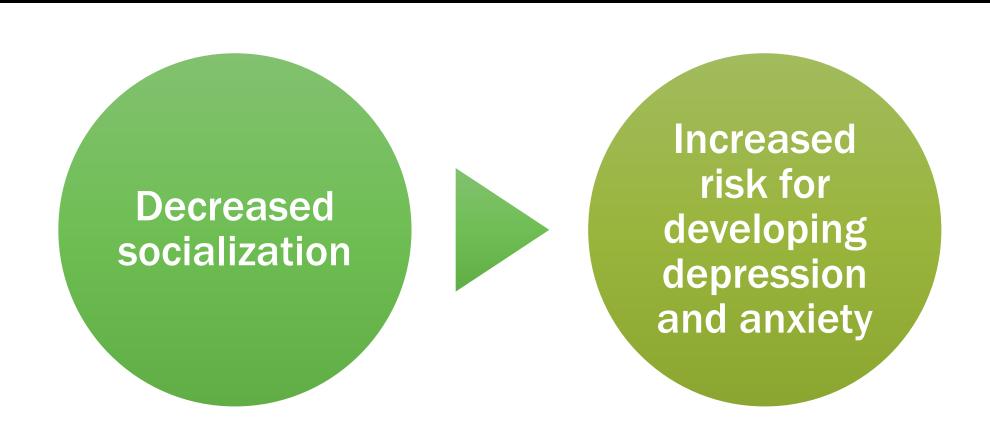
# WHATARE THE NEEDS OF OUR SENIORS?

### WHAT CHANGES AS WE AGE

- May need fewer calories
- May need the same or more vitamins and minerals as younger individuals
- More intentionality is placed around consuming water and other beverages to be properly hydrated
- Decrease in appetite



### OTHER CHANGES AS WE AGE



### **NUTRITION-RELATED ISSUES**



- Risk for developing the following increases:
  - High blood pressure
  - Diabetes
  - Osteoporosis
  - Dehydration
  - Chewing and swallowing difficulty
  - Memory issues
  - Weight management issues
  - Decreased immune system

# CONSEQUENCES OF POOR DIET IN SENIORS

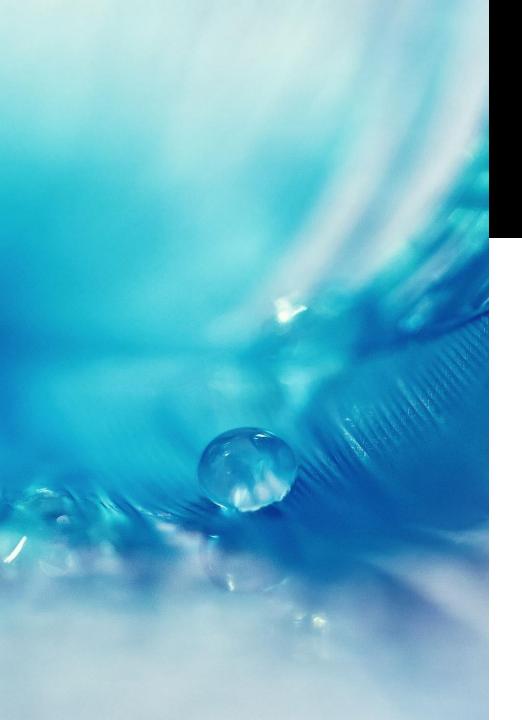
- Unexpected weight loss/weight gain
- Development or worsening of diet-related diseases
- Increased instances of developing illness
- Loss of lean muscle mass
- Increased falls
- Decreased quality of life





## FACT CHECK!

What is one thing that changes as we age?



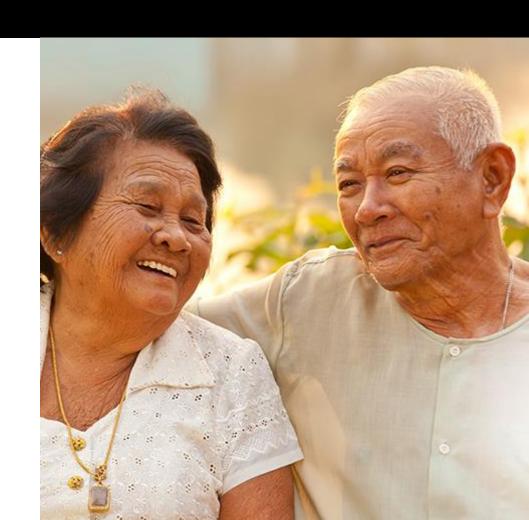
# WHAT CHANGES AS WE AGE

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#### WHY CSFP PROVIDES AN ANSWER

- Provides nutrient-dense canned and dry goods our seniors can enjoy
- Provides a variety of nutrients through different food offerings
- Provides resources that our seniors can use to promote health



### WAYS TO USE CSFP

- Try sourcing commodity foods your seniors are requesting to add to boxes when possible
- Add health education as resources to CSFP boxes
  - Examples include MyPlate materials, materials from health-related organizations, and materials from Academy of Nutrition and Dietetics

- Promote other food assistance programs aimed at seniors (such as SNAP or Meals on Wheels) through fliers in CSFP boxes
- Add fresh produce and frozen meats to increase nutrient offerings whenever possible

### WAYS TO USE CSFP (CON'T...)

- Ensure that resources and recipes included are culturally familiar
- Promote CSFP program to local health organizations

- Include recipes that are:
  - Inclusive
  - Easy to prepare
  - Quick to cook
  - Taste good
  - Feature at least one main food item from the CSFP box

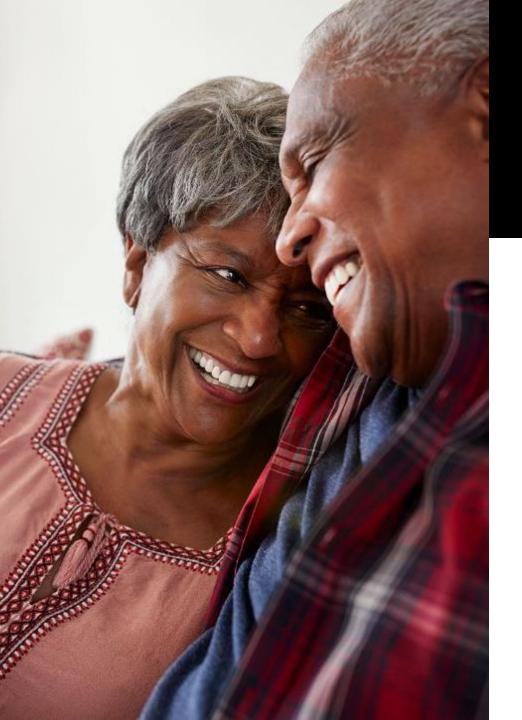




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# WHAT WAYS HAVE YOU USED CSFP TO PROMOTE SENIOR HEALTH?



### RESOURCES TO HELP SUPPORT SENIOR NUTRITION

- MyPlate for Older Adults
- Older Adults Nutrition.gov
- National Council on Aging

