

# SENIOR NUTRITION:

How to Promote Health and Wellness for  
Our Seasoned Population Using CSFP

# 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**

- **10 years combined experience in clinical and community nutrition**
- **Former Health Initiatives Manager with Virginia Peninsula Foodbank**
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**WHAT ARE  
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



```
graph LR; A((Decreased socialization)) --> B((Increased risk for developing depression and anxiety))
```

Decreased  
socialization

Increased  
risk for  
developing  
depression  
and anxiety



# 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

- 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



# HOW CAN WE USE CSFP TO HELP?



# 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



# **FACT CHECK!**

**Why does CSFP provide an answer for food and nutrition insecure seniors?**



# **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

**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](#)





**QUESTIONS?**