

HIDDEN HUNGER

Next to children, older adults are most vulnerable to hunger. Immobility makes certain life tasks — such as shopping for groceries — more difficult, and many older adults live on a fixed income. And yet, the depth of senior hunger is not widely understood.

1 in 5
Older Adults
in DC face
HUNGER*

So What
Does Hunger
LOOK
LIKE?

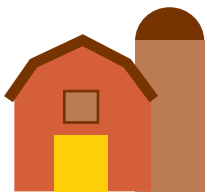
- 🍎 Not knowing where your next meal is coming from
- 🍎 Choosing between paying for medication or food
- 🍎 Increased risk for hospital stays and mortality

*NFESH, 2013

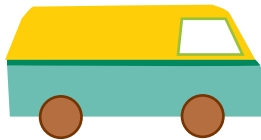


Iona Senior Services' unique Farm-to-Table Program provides fresh produce from local markets to older adults in the Active Wellness Program at St. Alban's (This program, supported by the DC Office on Aging, provides opportunities for socializing, life-long learning, and fitness, as well as a nutritious lunch.) We also distribute to partner locations across the District.

OUR PROCESS



Farmers from across the Chesapeake Region come to DC Farmers Markets.



We drive our van to the markets and pick up the produce.



We take it back to Iona to sort/wash/store.



We set up our free market the next day for eager older adults.

OUR 2015 OUTCOMES

11,000

from

10

to

386

Lbs. of fresh
PRODUCE

Regional
FARMS

Older
ADULTS

In terms of
food, this is
HEALTHY
AGING.