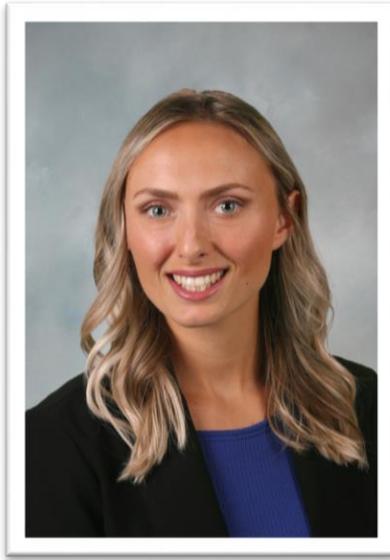


# Feeding Older Iowans Amid COVID-19 and Beyond



October 21, 2020



# HELLO!

**Alexandra Bauman, RD LDN**

Nutrition, Health & Wellness Director

Iowa Department on Aging

[alexandra.bauman@iowa.gov](mailto:alexandra.bauman@iowa.gov)

# Iowa Department on Aging

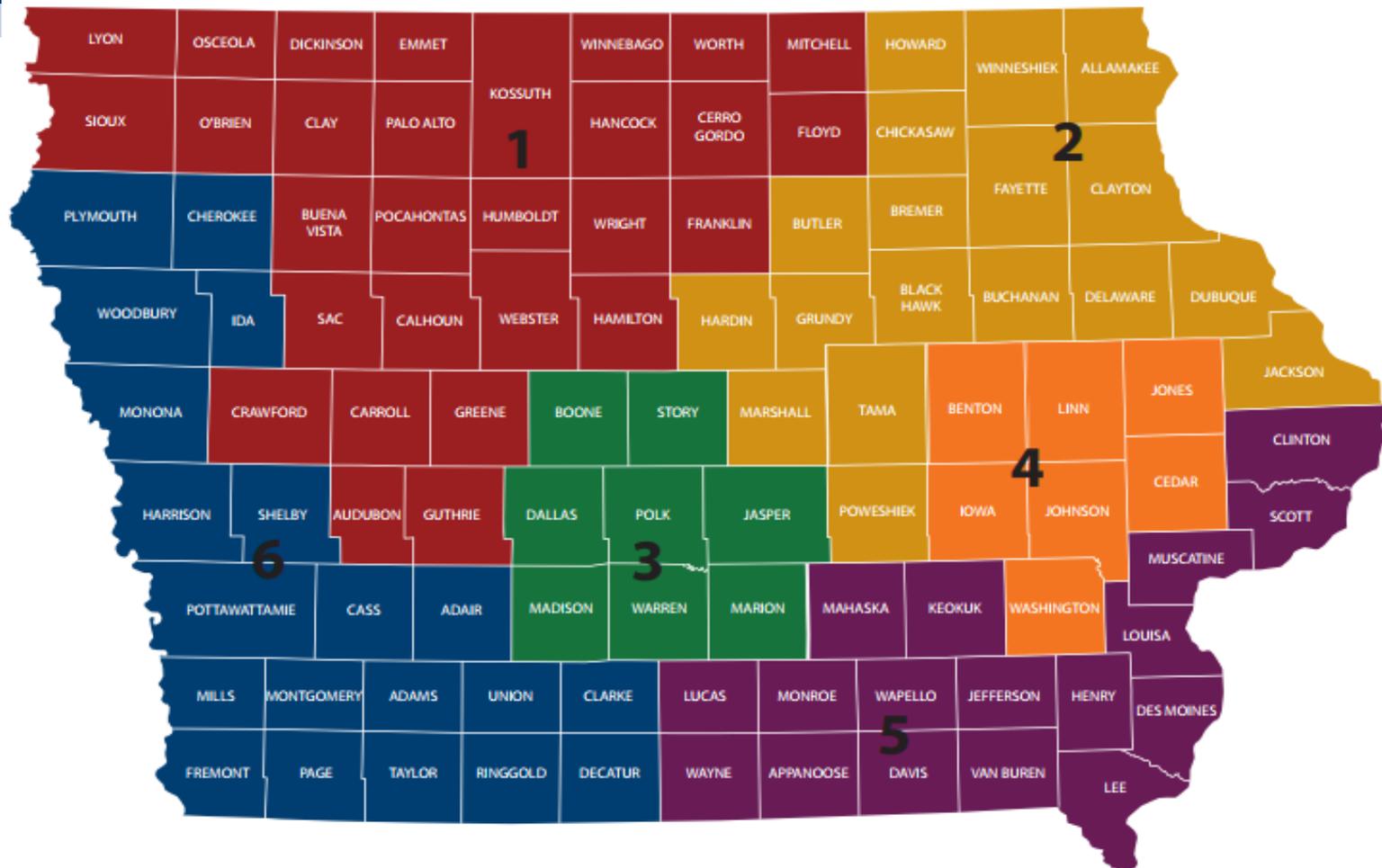
## Vision

*“Iowa Department on Aging supports accessible, integrated services to older adults, adults with disabilities, and caregivers to assist them in maintaining their independence, dignity, autonomy, health, safety, and economic well-being.”*

## Mission

*“The Iowa Department on Aging will provide resources, tools, and support to enable Iowa Area Agencies on Aging (AAAs) to effectively deliver core services—Information & Service Assistance, Nutrition & Health Promotions, and Services to Promote Independence—to our consumers.”*

# Iowa Area Agencies on Aging



# Iowa Department on Aging Services

**Information &  
Assistance**

**Nutrition &  
Health  
Promotion**

**Services to  
Promote  
Independence**

**LifeLong Links:  
866-468-7887**

# Eligibility for OAA Programs

## Congregate Meals

- Age 60 or older and their spouses (regardless of age)
- May be eligible:
  - ▷ Individuals under age 60 with disabilities who reside in housing facilities occupied primarily by the elderly or reside with and accompany an older individual.
  - ▷ Volunteers during meal hours.

## Home Delivered Meals

- Age 60 or older and homebound
- May be eligible:
  - ▷ Participant's spouse (regardless of age)
  - ▷ Individuals under age 60 with disabilities if they reside at home with the older individual.

# Home Delivered Meals and Decreased Healthcare Costs



MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR  
FOR THE SAME COST AS JUST ONE DAY IN A HOSPITAL  
OR 10 DAYS IN A NURSING HOME



# HELLO!

**Linda Gorkow**

Executive Director

Iowa Food Bank Association

[linda@iowafba.org](mailto:linda@iowafba.org)

# Iowa Food Bank Association

## Mission

The mission of the Iowa Food Bank Association is to support the Feeding America food banks and their affiliates serving Iowa in their work to ensure that sufficient food is accessible to all.

IFBA will work to support the food banks that serve Iowa in the areas of:

- Advocacy
- Disaster Relief
- Operations
- Food and Fund Raising
- Food Assistance Outreach

Collaborative efforts allow food banks (and the more than 1,200 partners across Iowa) to become more efficient and effective in serving hungry Iowans.

# FOOD BANKS FEEDING IOWA

Iowa Food Bank Association



Iowa Food Bank Association IP.O. Box  
2397 Waterloo, IA 50704  
Linda Gorkow  
linda@iowafba.org // www.iowafba.org

KNOW WHERE YOUR FOOD BANK SERVICE AREA

Network of more than 1,100 partner agencies across Iowa.



**Northeast Iowa Food Bank**  
1605 Lafayette Street,  
PO Box 2397, Waterloo, IA 50704  
(319) 235-0507



**Food Bank of Siouxland**  
1313 11<sup>th</sup> Street,  
Sioux City, IA 51105  
(712) 255-9741



**Food Bank for the Heartland**  
10525 J Street,  
Omaha, NE 68127  
(402) 331-1213



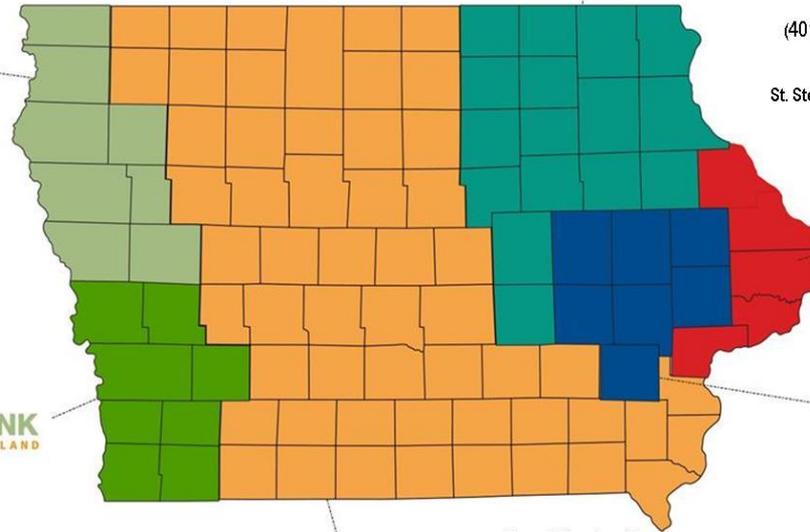
**Food Bank of Iowa**  
2220 E 17th Street,  
Des Moines, IA 50316  
Mailing: PO Box 1517,  
Des Moines, IA 50305  
(515) 867-2880



**River Bend Foodbank**  
(4010 Kimmel Drive, Davenport, IA 52802  
**Phone:** (563) 345-6490  
St. Stephen's, -A branch of River Bend Foodbank  
Dubuque, IA 52003



**HACAP Food Reservoir**  
1515 Hiawatha Drive,  
Hiawatha, IA 52233  
(319) 393-7811



# Food Assistance for Seniors

Iowa Food Bank Association Food Assistance Hotline

**(855) 944.FOOD (3663)**

Assist Iowans complete and submit their Food Assistance application over the phone.

**Feeding America Google Ad Campaign/Grant  
for Iowa Seniors**

# Food Banks Serving Iowa

- Each are private non-profits
- ▷ Rely on donors
- Food safety
- Partner more than 1,200 agencies across Iowa
- >90% of donations go out in services
- Statewide more than **32 million meals** in 2019
- Very low cost
- per meal - \$1 = avg 5.5 meals
- Rescue safe, edible, quality food that would otherwise be discarded
- ▷ 2019 14 million lbs. diverted from landfills



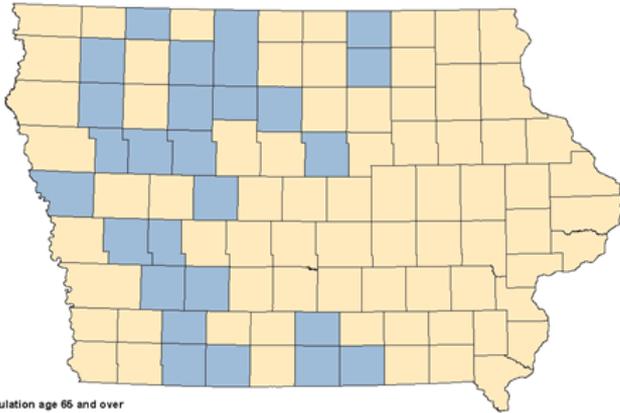
# Food Bank Programs

- Agency Support – pantries, shelters, soup kitchens
- Mobile Food Pantries
- Backpacks
- School Pantries
- College Pantries
- Kids Café
- Addressing Food Deserts
- Senior Programs
- Community Gardens
- Plus multitude of local partnerships.
- Strongest food rescue programs in state.

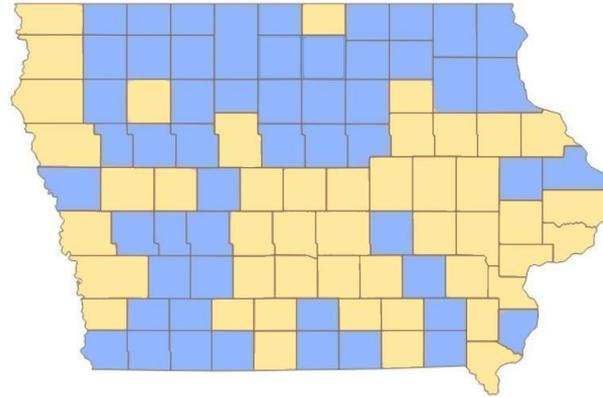


# Iowa Projected Population Age 65+

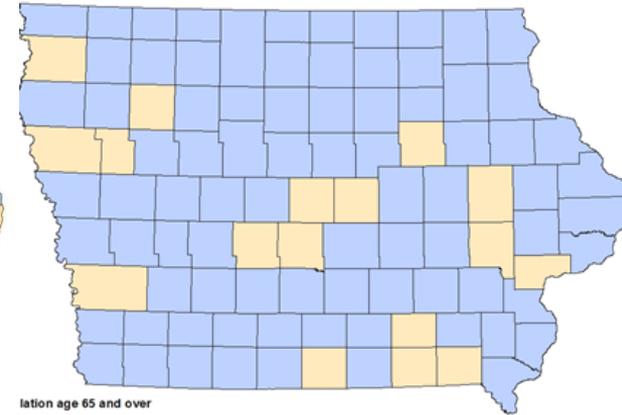
2010



2017



2040

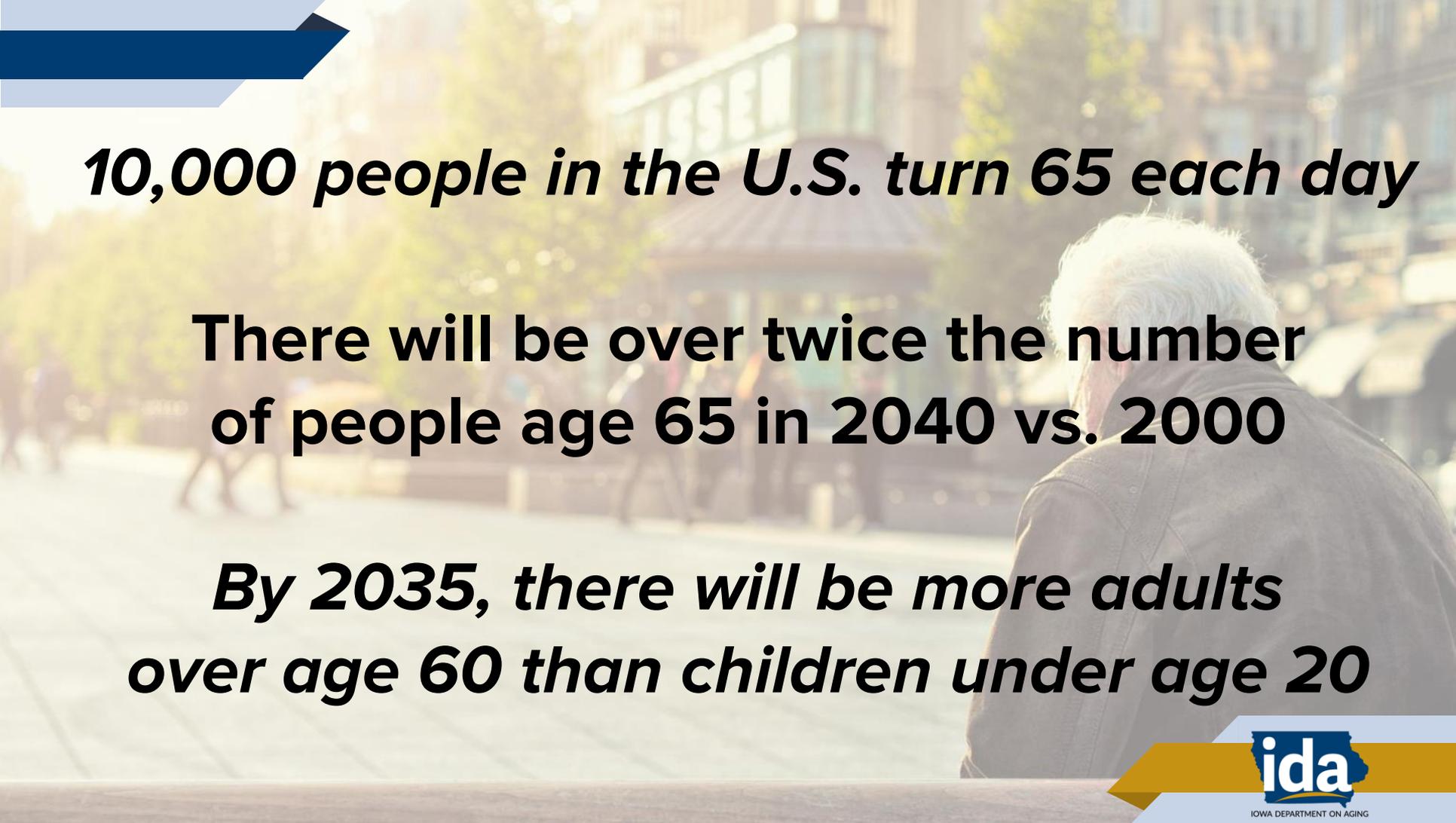


Source: [http://www.aoa.acl.gov/Aging\\_Statistics/Profile/index.asp](http://www.aoa.acl.gov/Aging_Statistics/Profile/index.asp)

Source: <https://www.iowadatabase.org/Publications/older2019.pdf>



IOWA DEPARTMENT ON AGING



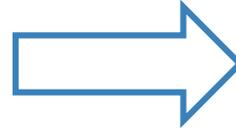
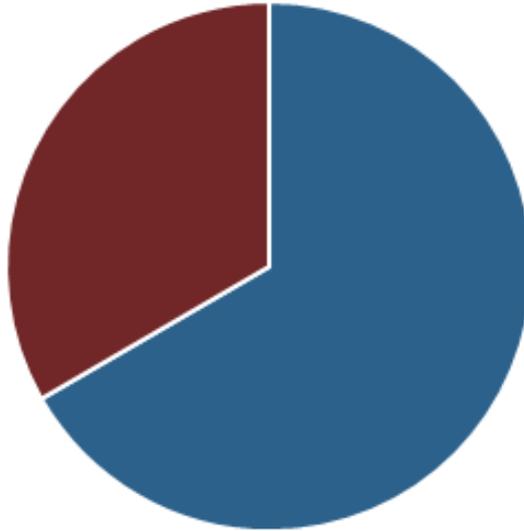
***10,000 people in the U.S. turn 65 each day***

**There will be over twice the number  
of people age 65 in 2040 vs. 2000**

***By 2035, there will be more adults  
over age 60 than children under age 20***

# Changing Demographics

Generations in Iowa



- Working Longer
- Living Longer
- Greater Diversity
- More Food Insecure

■ Baby Boomers aged 60+ ■ The Silent Generation

- doctor bill
  - health insurance bill
  - rent
  - electric bill
  - water bill
  - phone bill
- if any money is left, buy groceries*

**No senior should have to worry about running out of food.**

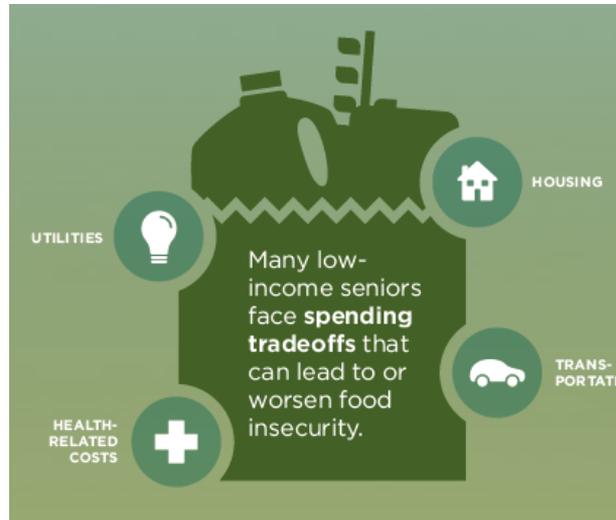
- “We don’t talk about it. It’s embarrassing. I think the belief is, when your older and retired, you should have everything.”
- “I only get \$708 a month to live on. Okay, I pay rent, I pay utilities, I buy my medicine, and what is left after that to buy groceries?”
- “We hide things. A few months ago my daughter was coming to town, so I went to the store and spent my entire month’s food bill at once, filled my cupboards do she wouldn’t know there was an issue.”
- “When I go to the doctor, what’s the first thing he says? Cut the bread, potatoes, crackers. Well, you just named the three things I get the most of.”
- “I know there’s food available. I know where I can get it for free. But I can’t always get there.”



# Senior Food Insecurity



Nationally, the food insecurity rate among adults age 50-59 was **10.6%** in **2018**, meaning 4.5 million older adults were food insecure



Seniors are more likely to experience food insecurity if they are:



RACIAL/  
ETHNIC  
MINORITIES



DIVORCED,  
SEPARATED,  
OR NEVER  
MARRIED



LIVING WITH  
GRANDCHILDREN



DISABLED



UNEMPLOYED



FEMALE



# Senior Food Insecurity

- Research is pre-Covid.
- 5% – 9.9 % of Iowa seniors food insecure
- Food insecurity has increased 40% to 200% across the nation

Though some seniors struggle with low fixed incomes...



AVERAGE  
MONTHLY  
SOCIAL SECURITY  
BENEFIT

...seniors are more likely to be working than ever before

**1 in 3**

seniors worked full- or part-time in 2018



Seniors are the **fastest-growing** group of workers in the country!



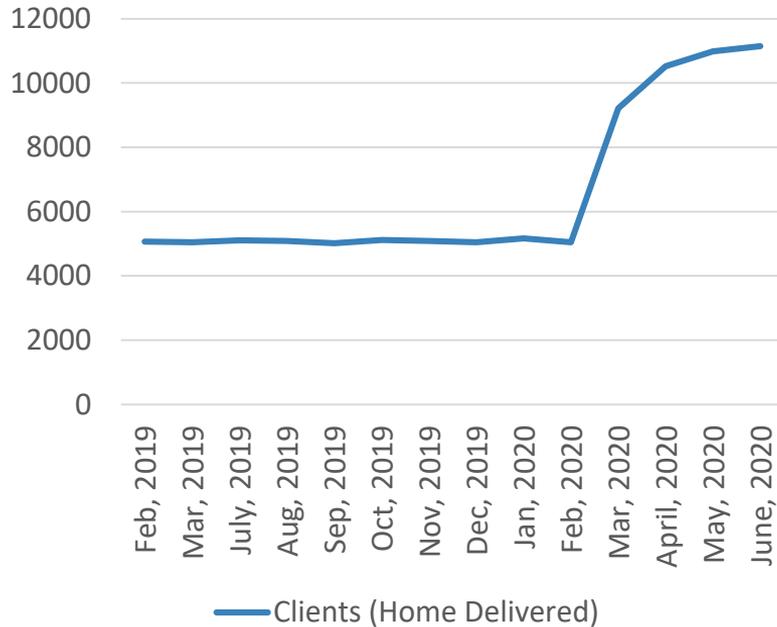
# COVID-19 and IDA Services

- Closed Congregate Sites
- Bulk Home Delivered Meals and Drive-through
- Switch to Virtual Programming

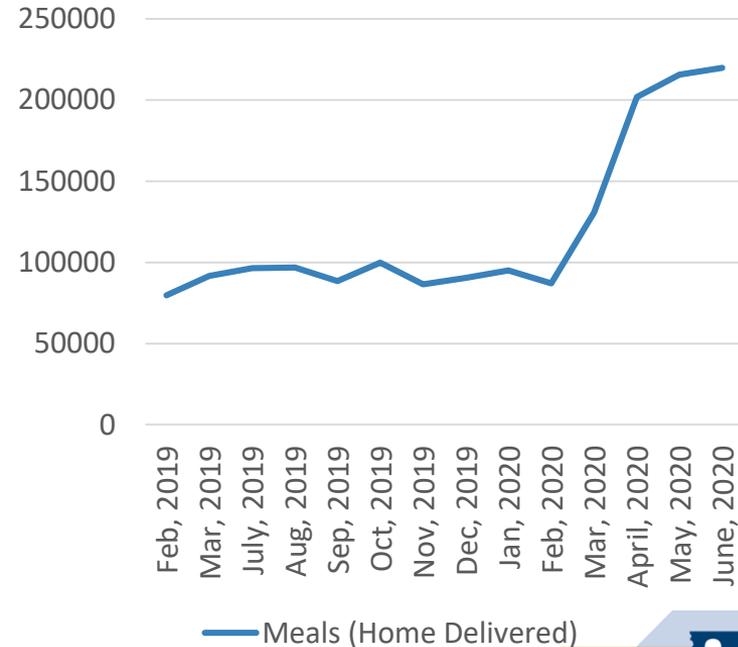


# Increase in IDA Services Due to COVID-19

## Clients (Home Delivered)



## Meals (Home Delivered)



# Food Bank Pandemic Impact

## COVID19 Challenges

- Increase in unemployment
- More lowans in need of food
- Higher-income families in need of food
- Increased social distancing
- Uncertain food supply chains
- Reduced food rescue
- No contact distribution & food boxes
- Reduction in volunteers
- Senior congregate meal changes/needs/calls



Iowa Food Bank Association



# Food Bank Pandemic Impact

## COVID19 Response for Seniors

- Immediately identified need for seniors
- Connected with Iowa Dept. on Aging & local AAA through Governors' office.
- Provided food boxes to AAA
- Increased amount of food per person
- Contactless food distributions



# Feeding Iowans Task Force



## Food Resources

DURING COVID-19

### Iowa Department on Aging

The Area Agencies on Aging provide home delivered meals, drive-through meals, and emergency nutrition services to Iowans age 60+ regardless of income on a voluntary contribution basis.



*This information is brought to you in partnership with the Governor's Feeding Iowans Task Force*



## Food Resources

DURING COVID-19

Utilize programs like local food banks. Find out more at [www.feedingamerica.org](http://www.feedingamerica.org)

[www.iowafba.org](http://www.iowafba.org)

Find your local pantry by [texting your zip code to 898211](#)



*This information is brought to you in partnership with the Governor's Feeding Iowans Task Force*

**121,085 Individuals**

Age 60+ Iowans served

**1,108,846 Pounds Food**

That's a lot of food!

**924,038 meals**

The equivalent amount in meals

# Food Banks serving seniors

## ■ Food banks and IDPH Produce Boxes

- ▷ -Fresh conversation locations & senior locations

## ■ Senior Totes

■ Iowa Department of Public Health Research – in progress through University of Iowa Research. Serving older adults

■ Mobile pantries and partnerships

■ Food Assistance Hotline



Iowa Food Bank Association



# Covid Food Distribution & Resources

Each food banks have been distributing 1 million to 2 million pounds each month over the last three months.

**Food Resources**  
DURING COVID-19

**WIC**  
(Women, Infants & Children)

**Summer Food Service Program**

**Iowa Food Assistance/SNAP**

**Food Pantries and Food Banks**

**Iowa Department on Aging**

This institution is an equal opportunity provider  
VISIT [CORONAVIRUS.IOWA.GOV](https://coronavirus.iowa.gov) FOR MORE INFORMATION

*This information is brought to you in partnership with the Governor's Feeding Iowans Task Force*

# Ottumwa Partnership Example



**Mary Gaskill**

March 24 · 🌐

**VOLUNTEERS NEEDED TO DELIVER MEALS:** Milestones Area Agency on Aging is seeking licensed drivers age 18+ to volunteer from 10:30 a.m. to noon to deliver meals to seniors at their homes in Ottumwa, Eldon, Agency or Blakesburg. You may volunteer one day a week or more days Monday-Friday. There are also opportunities to volunteer outside of the 10:30-12:00 time. Covid-19 precautions are being used.

To volunteer or for more information call Christina at 641-684-1007 or Connie at 641-208-5180 between 9 a.m. and 3 p.m. If there is no answer leave a message that you are interested in volunteering or that you need more information about this volunteering opportunity.



MILESTONESAAA.ORG

**Volunteer Services – Milestones**

Volunteer your time once or more per week. Do a lot of good in a small...



**Dr. Miller-Meeks** ✓ @millermeeks · Mar 24

🏠 US House candidate, IA-2

Milestones needs volunteer drivers to deliver hot meals in Wapello County.

18 or older, no contact & typically deliveries between 10:30-12:30 pm.

Please call Connie Murray 641-208-5180 or Kristina Wolfe 641-684-1007.

And a huge thank you to all of those who volunteer!



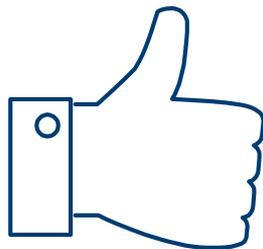
# What's Next?

## U of Iowa Food Bank Research with Iowa Dept of Public Health

▷ RE: Collaborations between Area Agencies on Aging and School sites with food banks to provide supplemental food delivered along with their home delivered meals or available for pick up at a congregate meal site or grandchild's school meals.

*“.... once a week they give you fresh produce, like potatoes, celery, onions, green peppers. It's real nice selections. I like that because I can cut some of that stuff up and I can freeze it, like green peppers, whatever, and then you can use it when you need it. So that's been good. I like that.” (7.2.4)*

▷ **Continue connecting and expanding partnerships! Food banks and AAA at the state and local community level.**



# THANKS!

**Any questions?**

Alexandra Bauman, RD LDN

Contact: [alexandra.bauman@iowa.gov](mailto:alexandra.bauman@iowa.gov)

Linda Gorkow

Contact: [linda@iowafba.org](mailto:linda@iowafba.org)