

March 2024

The Food Bank of Central Louisiana

Senior Nutrition Program

What's New at The Food Bank of Central Louisiana

Here at The Food Bank of Central Louisiana we are updating ways to reduce barriers to accessing nutritious foods for older, food insecure seniors. The new Senior Nutrition Program will be a program for neighbors 60 or older and there is no separate application required.

The program will include the choice of a heart healthy and diabetic friendly food box along with healthy produce. Over time, this program will help seniors to be more knowledgeable about healthy food, and to be empowered to seek healthier options.



Types of food

Low-Sodium and Low-Sugar



Low-Fat Dairy
Lean Protein
Whole Grains



Vegetables
Fruits

Food & Health



- The nutrition newsletter will include health benefits about nutrition, health, obesity, or chronic conditions that encourage seniors to make healthy food choices all the time.
- Nutrition education materials will be included inside of every nutrition food box.
- The newsletter will include information about healthier ways to prepare meals.
- The newsletter will also inform about lifestyle changes that may reduce obesity and improve overall health.
- A QR Code that links to additional recipes and insights on healthier lifestyle choices will be included.
- It will also include tips on fitness and exercise for seniors.



Eat well for life

A healthy diet is important for good health and nutrition. Making it a lifestyle choice is even more critical as it can help protect against and lower the risk of diabetes and heart disease. The Senior Nutrition Program is designed to promote better health for our seniors.

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