

# SENIOR HUNGER

Seniors are a swiftly growing population in the United States, and especially in Texas. Seniors over the **age of 60** are estimated to make up **over 16%** of the population in Texas and in the next fifteen years that number is expected to jump to **20%**. That means that by the year 2030 there will be **over 6.5 million** people who are older than 60 in Texas alone. In Dallas County, the second most populous county in Texas, the senior population is expected to rise by over **60,000** by the year 2020. **9%** of seniors in Dallas County live below the poverty line. That means that over **20,000** seniors in Dallas County may not know where their next meal is coming from. \*Senior Hunger Action Team Report – HHSC Administration on Aging and North Texas Food Bank

## SNAP

Provides nutrition assistance to low income individuals and families within the community. The goal is to alleviate hunger by increasing the ability to purchase food for eligible families. Monthly food benefits are provided to families who are eligible for the program. The program links families to the necessary nutrition that improves their quality of life and well-being.

\*U.S. Department of Agriculture

Every **\$1** in additional SNAP benefits generates **\$1.79** in local economic activity.

\*USDA Economic Research Service Report

**57%** of eligible seniors in Dallas County are not receiving SNAP.

\*Feeding Texas

**19,000** seniors in Dallas County who are low-income and need assistance are not receiving the help they are likely eligible for.

\*Feeding Texas

## CONGREGATE MEAL PROGRAM

Provides a well-balanced, nutritional meal for older adults in a social setting among peers; the meals are provided in a senior center where nutrition education is offered. The program links older adults to the necessary resources including social services that improve their quality of life and well-being. \*Dallas County Health and Human Services

**43%** of congregate meal participants were at high nutritional risks.

\*Administration on Aging

**77%** of congregate participants indicated that they eat healthier as a result of eating at the lunch program.

\*Administration on Aging

**76%** of the congregate participants indicated their health has improved as a result of eating at the lunch program.

\*Administration on Aging

**DALLAS**  
**COALITION**  
**for HUNGER**  
**SOLUTIONS**



# FIGHTING



# HUNGER

**We can't do it alone.**

**We need the support of our community and YOU:**

- *Help spread the word about SNAP for seniors by getting trained to give presentations in the community and sharing the information with seniors.*
- *Help support the Congregate Meal Program by volunteering to lead/teach a weekly class or sponsoring a monthly event for the participants at a Congregate Meal site. Note: Community organizations can sponsor a Congregate Meal site by providing a location or transportation.*

**Want to learn more?**

*To learn more about senior hunger and the Senior Hunger Action Team, visit:*

**[www.dallashungersolutions.org/  
Senior-Hunger-Action-Team](http://www.dallashungersolutions.org/Senior-Hunger-Action-Team)**

**Interested in getting involved?**

*For more information about this team, contact Wyonella Henderson-Greene:*  
**[wyonella\\_henderson-greene@baylor.edu](mailto:wyonella_henderson-greene@baylor.edu)**

## THE SENIOR HUNGER ACTION TEAM

The Senior Hunger Action Team is one of 5 Action Teams (others include Child Hunger, Urban Agriculture, Faith Community Hunger Solutions, and Public Policy) of the Dallas Coalition for Hunger Solutions with the goal to ensure that all seniors have access to nutritious food.

Our objectives are to focus on SNAP and the Congregate Meal Program:

### SNAP

**Increase the number our seniors in the enrolled in SNAP in Dallas County.**

### CONGREGATE MEAL PROGRAM

**Increase senior participation at local Congregate Meal sites.**

