

## Senior Pantry Food Drive

We hope you will support the fight against hunger by participating in the Senior Pantry Food Drive service project during the months of April and May.

The Regional Food Bank, in partnership with the Oklahoma City Housing Authority (OCHA), currently operates two on-site senior pantries. Over the next five years, eight more planned pantries will open at other senior housing sites throughout Oklahoma City.

The senior pantries give residents monthly access to a fully stocked client-choice food pantry within their building, eliminating transportation barriers for older clients who are often disabled or have limited mobility. Senior pantries are tailored to the nutritional needs and food preferences of seniors living in smaller households, featuring easy-open packaging, smaller portions, foods that are simple to prepare and senior-specific toiletry items.

### How to Help:

- **Donate a Senior Pantry Pack.** Items donated through this drive will provide nutritious meal options for seniors facing food insecurity. (See list of recommended items on next page.)
- This food drive is not limited to only donating packs. If you plan to host a senior-focused food drive any items on the list we've provided will go to support this effort.
- [Sign up today to let us know you plan to host a Senior Pantry Food Drive!](#)
- Deliver completed Senior Pantry Packs to the Regional Food Bank's Volunteer Center from 8 a.m. to 5 p.m. Monday through Friday.

Regional Food Bank of Oklahoma  
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Please contact us at [volunteer@rfbo.org](mailto:volunteer@rfbo.org) or 405-600-3161 with any questions.

### Food for Seniors

Helping seniors living on fixed incomes combat hunger is one of the top priorities for the Regional Food Bank. Oklahoma has the 10th highest rate of food insecurity among senior adults, with one in nine seniors facing hunger in the Regional Food Bank's service area. Too often, seniors on fixed incomes must choose between paying for prescriptions, healthcare or buying groceries.

According to Feeding America's 2021 "Report on Seniors," when compared to food secure peers, food insecure seniors are:

- 78% more likely to experience depression
- 53% more likely to report a heart attack
- 52% more likely to develop asthma
- 40% more likely to report an experience of congestive heart failure

## Senior Pantry Pack List

Participate in the Senior Pantry Food Drive by donating one or more Senior Pantry Packs. Packs include the following items:

- Three ready to eat meals
- Three protein items
- Three canned vegetables
- Two starch or rice items
- Two breakfast items
- Two personal hygiene items
- Optional: A note of encouragement to give to seniors.

When selecting items, please look for low-sugar, low-sodium and easy to open packages or pull-tab cans when possible.

### Breakfast Items

- Instant oatmeal
- Biscuit/pancake mix
- Cereal bars
- Plain breakfast cereal (bran or corn flakes, crispy hexes, corn puffs, etc.)

### Canned Vegetables

- Spinach
- Creamed corn
- Collards
- Turnip greens
- Green beans

### Starch or Rice Items

- Minute rice
- Cornbread mix
- Macaroni and/or egg noodles

### Ready to Eat Meal Ideas

- Instant mashed potatoes
- Instant grits
- Stove Top Stuffing
- Hamburger Helper
- Rice-a-Roni
- Hormel Compleats
- Non-condensed soups

### Protein Items

- Tuna/chicken in water (can or pouch)
- Canned chili
- Canned salmon
- Flavored canned beans (chili beans, BBQ beans, pork and beans, etc.)
- Canned beef stew

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### Optional Food Items to Include

- Vegetable oil
- Beef or chicken stock
- Applesauce
- Tea and coffee
- Crackers
- Canned fruit (in water or juice, not syrup)
- 100% fruit juice
- Ensure, Boost or other senior nutrition shakes
- Condiments and sauces

### Optional Hygiene Items to Include

- Toothbrushes
- Toothpaste
- Mouth wash
- Denture adhesive
- Denture cleaner
- Bar soap
- Shampoo
- Deodorant
- Hygiene wipes/baby wipes
- Fragrance-free lotion
- Dish soap
- Laundry detergent