

Valuable Resources for Individuals on Limited Income

1. **Food Bank:** Second Harvest of Silicon Valley offers a home delivery service for clients who are physically unable to leave their house.
Call [1-800-984-3663](tel:1-800-984-3663) for more information.
2. **CalFresh Benefits:** Some older adults may qualify for CalFresh benefits.
For more information about CalFresh eligibility and how to apply, please visit their website at www.cdss.ca.gov/food-nutrition/calfresh.
3. **Commodity Supplemental Food program (CSFP):** Some older adults may qualify for CSFP. For more information about CSFP eligibility and how to apply, please email lori.coopwood@dss.ca.gov or call [916-210-9743](tel:916-210-9743).

To all participants who contribute:

The requested contribution is **\$1.80** per meal. This amount only covers a portion of the total cost of the meal. While no one will be denied for not contributing, we ask everyone to contribute what they can, as any contribution will assist the program to continue home delivery of nutritious meals.

Mail your contributions in a sealed envelope to :

Senior Nutrition program
353 West Julian Street
San Jose, CA 95110



THANK
YOU!



Rising Food Cost

According to the United States Department of Agriculture (USDA), food prices increased by 9.9% in 2022, making a significant jump from previous years. Rising food costs can negatively impact the health and well-being of individuals and families, especially those on a limited or fixed income. A recent poll on healthy aging found that nearly one third of older adults are now eating less healthy food due to increased food cost. This has serious implications for food insecurity and malnutrition, which can lead to health problems for older adults.

Reasons for rising food cost

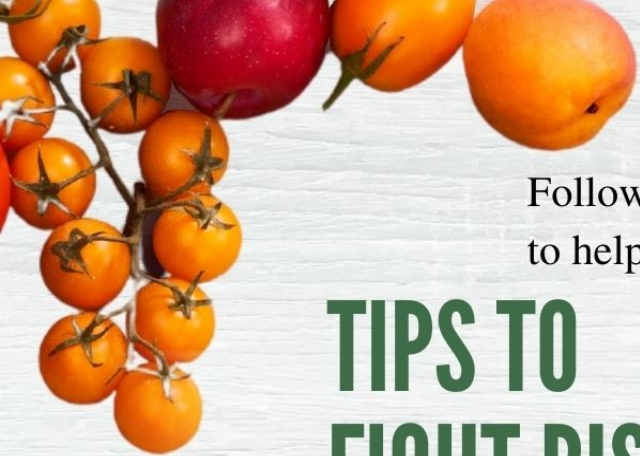
- Disruption of production, import and distribution of food due to COVID-19 pandemic.
- Climate change affects the production of food.
- Reduction in processing of meat products, eggs, etc.
- Increase in gas prices and labor cost.

Rising food cost trends

- Groceries increased by 13% between 2021 to 2022.
- Prices of eggs increased by 32% between 2021 to 2022.
- Grocery prices are predicted to increase by 10% in 2023.

References/Source: U.S.D.A (2023, Jan 25). Summary finding, <https://www.ers.usda.gov/data-products/food-price-outlook/summary-findings/>





Follow the tips and utilize the resource guide in the newsletter to help you make the best of your grocery budget.

TIPS TO FIGHT RISING FOOD COST



1 BUY PRODUCE IN SEASON

Fresh produce in season are more affordable. For example, spring produce includes pineapple, broccoli, and peas. Summer produce includes cantaloupe, watermelon, and eggplant.

2 PURCHASE ON SALE AND IN BULK

Be flexible and purchase items that are on sale. Bulk items also cost less. Store excess foods in refrigerator or freezer to extend shelf life.

3 USE LESS MEAT IN RECIPES

Meat is the most expensive item in a meal. Replace meat with plant-based proteins like beans and lentils. Vegetarian recipes can be found on USDA's website: <https://www.myplate.gov/myplate-kitchen/recipes> ¹

4 BUY LESS POPULAR CUTS OF MEAT & POULTRY

Certain cuts of meats are less expensive than others. For example, chicken thigh and pork loin are generally less expensive.



5 COMPARE PRICES OF FRESH, CANNED, AND FROZEN FRUITS & VEGETABLES

Frozen and canned produce are typically less expensive than fresh produce when the items are not in season. The nutrient content of canned and frozen foods can be comparable to fresh items. ²

6 COOK FROM SCRATCH

Prepared foods from grocery stores or restaurants are usually more expensive. Cooking your own meals from scratch can save money and often are healthier.

7 REDUCE WASTE

Be creative in utilizing leftover food. Bones and vegetable scraps can be used in soup. Overripe fruits can be frozen and used for smoothies.

8 SHOP ON SENIOR DAYS & AT DISCOUNT STORES

Check out local grocery stores for senior discounts or discount day dedicated to seniors. Shop at discounted grocery stores such as Grocery Outlet.

9 UTILIZE OTHER FOOD RESOURCES

Second Harvest of Silicon Valley (aka Second Harvest Food Bank) provides free groceries to Santa Clara residents. Low-income individuals or families may qualify for CalFresh benefits which can be used to purchase fresh produce at grocery stores. For more information and locations, visit: <https://www.shfb.org/get-food/>

1. USDA. (2023, February 14). *Meat price spreads*. Economic Research Service. <https://www.ers.usda.gov/data-products/meat-price-spreads/>

2. Rickman, J., Barrett, D., & Bruhn, C. (2007). *Nutritional comparison of fresh, frozen and canned fruits and vegetables*. *Journal of the Science of Food and Agriculture*, 87, 930-944. <https://doi.org/10.1002/jsfa.2825>

