



Pantry Supper Club

WHAT WORKS PROJECT 13 IN MONTANA

GOALS AND ACTIVITIES

This project aims to improve nutrition and health of older adults who experience food insecurity and poor diet.

The Pantry Supper Club provides five frozen meals to program participants each week. The meals are in serving trays that can be heated in a standard oven or microwave. All meals can be eaten with just a spoon if necessary, do not require the use of a knife, and are easy to chew.

Worked with the local hospital, Meals on Wheels program, Human Resources Development Council (HRDC), and property managers of low-income housing facilities to identify participants.

Worked with Montana State University Dietetic Program interns to develop meal plans and recipes that support good health for older adults with diabetes, high blood pressure, and other chronic health conditions.

POPULATIONS SERVED

Low-income seniors, age 60 or older, who live in Livingston or Park County who have at least one barrier that prevents them from being able to afford, shop for, and prepare healthful meals.

MAJOR PARTNERS AND FUNDERS

Livingston Food Resource Center, Park County Meals on Wheels Program, Livingston Health Care, Montana State University Dietetic Internship Program, and Park County Community Foundation

MAJOR OUTCOMES

Seniors who participated in the program reported feeling better, being more active, and feeling that they could live independently in their own homes.

INGREDIENTS FOR SUCCESS

Hired a part-time professional chef to cook the meals, organized a team of volunteers to do meal packaging and distribution, use locally-sourced ingredients processed in the Livingston Food Resource Center commercial kitchen.

Used data to identify program need and evaluate effectiveness:

- Conducted a survey that revealed that many seniors experience health problems related to poor diet, lack financial resources to purchase healthy food, and do not have the physical capacity to shop or cook.
- Conduct bi-monthly interviews with participating seniors to help ensure effective service. Learned that seniors really liked the food, but that initial serving sizes were too large and seasoning was too spicy.

ADVICE FOR OTHERS

Look for specific needs among well-defined segments of your community's population and then identify opportunities to work with those organizations who are working with those groups.

— Michael McCormick, Livingston Food Resource Center

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