

## Area Agency on Aging of Dane County 2019 Leck Grant Final Report

| Proposal Information  |  |
|---|--|
| Project Title   | The Portable Pantry - RENAMED > Food Bridge  |
| Amount of money requested   | \$6,823.50   |
| Agency name   | NewBridge Madison, Inc.  |
| Communities/neighborhoods/<br>senior centers where project<br>activities will occur.  | City of Madison/Monona<br>(Change from application- either the south or westside of Madison) |
| This project is: <input type="checkbox"/> a new project or <input checked="" type="checkbox"/> an expansion of an existing project. |  |

### **About NewBridge**

The mission of NewBridge Madison is to empower older adults to access affordable resources to maintain their health, safety, independence and community connection. NewBridge Madison primarily provides services for low-income, frail or isolated elderly in Madison and Monona. These services include case management, congregate meal sites and home delivered meals, Food Bridge, caregiver services, ongoing senior activities, home chore services, volunteer guardian/representative payees, and a county-wide cultural diversity program for African American and Latinx seniors.

### **About Food Bridge**

NewBridge Madison was awarded funding with the Leck Grant to expand a food insecurity program, "Food Bridge." The food insecurity program will provide a free monthly food pantry delivery service of nutritious groceries for seniors who are in need. The food insecurity program was started in 2015 on the north side of Madison. The expansion will allow us to provide the program on one other side of the city.

In Madison and Monona there are at least 2,500 seniors who are at nutritional risk and/or who qualify for FoodShare and the number keeps rising. Many seniors who receive Meals on Wheels still run out of food each month and must often choose between purchasing food, purchasing prescription drugs, or paying for utilities. They are often homebound because of physical limitations and lack of transportation, thus they are unable to get to a food pantry by themselves. The "Food Bridge" would provide groceries to the most vulnerable seniors when they need it most.

### **In 2019, NewBridge Madison completed the following:**

- Hired a part-time Volunteer Coordinator to expand the program.
- Developed a collaboration with the River Food Pantry to make food available monthly for the seniors.
- Developed a collaboration with RSVP of Dane County to recruit and train 10-15 volunteers to deliver the groceries.
  - In Qtr. 2 and 3, the "Food Bridge" coordinator worked with staff from the River Food Pantry to develop a list of food products available for the seniors each month.
  - In Qtr. 3, the "Food Bridge" coordinator worked with RSVP to recruit and train volunteers to pick

- up food from the River Food Pantry and deliver it directly to seniors' homes.
- In Qtr. 2 and 3, the "Food Bridge" coordinator worked with the River Food Pantry to set scheduled times when the volunteers can pick up food at the food pantry each month.
- In Qtr. 3, the coordinator worked with NewBridge case managers, senior meal site coordinators, and cultural diversity coordinators to conduct outreach about the program, to refer seniors to the program, and to identify low-income seniors who would qualify.
- In Qtr. 4, the "Food Bridge" coordinator contacted the senior participants to identify what food they need, provided the food orders to the food pantry, and coordinated food pick-up and delivery with the volunteer drivers.
- The River Food Pantry provided the food for the seniors and RSVP of Dane County helped recruit and train volunteers to deliver the food to the senior's homes.
- By the end of 2019, 30 seniors enrolled to receive food each month through the "Food Bridge" program.
  - The NewBridge case management, cultural diversity, and nutrition programs will be the primary referral sources for "Food Bridge" participants. Additional outreach will be done in the local churches, clinics and libraries.
    - Special emphasis will be placed on ensuring that low income, frail or homebound African American and Latinx seniors in need of food have access to the program.

### **Client/Volunteer Story**

In October of 2019, the Food Bridge program was connected to a client on hospice with cancer. The majority of the client's monthly income was being used by health and life insurance, resulting in two maxed out credit cards that were used buying groceries. The client was quickly matched with a volunteer through Food Bridge and began receiving monthly deliveries of food alleviating some of her food and financial worries. The client and volunteer formed a quick connection and the volunteer began also helping with small tasks around the house when they drop off food.

### **This program has been evaluated on the following:**

- Number of seniors referred to the program and the number of volunteers available to deliver the food
- Feedback from program participants indicating a desire to continue impact of the program participants quality of life:
  - Participants were asked to complete a pre/post survey that measured food availability and nutrition risk factors:
    - Goal: 80% will indicate their stress level about having food to eat has decreased; Actual: 86%
    - Goal: 70% will indicate they are eating adequate portions of food each day; Actual: 86%
    - Goal: 60% indicate an improvement in their overall nutritional risk factors using the Dane County Nutrition Program risk factor assessment form; Actual: 83%
- Feedback from collaborative partners

### **Cash or in-kind support for Food Bridge in 2019:**

- Leck Grant \$6,823.50
- The River Food Pantry staff hours were in-kind

### **Cash or in-kind support for Food Bridge in 2020:**

- United Way of Dane County \$15,000
- Madison Community Foundation \$22,000
- The River Food Pantry staff hours will be in-kind