

## Pack-A-Pantry

Join the Regional Food Bank of Oklahoma as we celebrate and honor Martin Luther King Jr. Day on Jan. 18, 2021. This year is the 26th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy. Observed each year on the third Monday in January as "a day on, not a day off," MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities.

Though the national day of service will look different this year, we hope you will support the fight against hunger by participating in the Pack-A-Pantry service project.

In February 2021, the Regional Food Bank will launch its first Senior Pantry in northeast Oklahoma City. This is one of four Senior Pantries set to open in 2021.

A **Senior Pantry** is a multi-layered, client choice on-site food pantry located at senior living centers. These pantries will have food staples, fresh produce, frozen meals prepared in the Regional Food Bank's Hope's Kitchen and nutrition education for the residents.

### How to Help:

- **Support the launch of the first Senior Pantry by donating a Senior Pantry Pack.** Items donated through this drive will provide nutritious meal options for seniors facing food insecurity.
- [Sign up today to let us know you plan to Pack-A-Pantry!](#)
- Deliver completed Senior Pantry Packs to the Regional Food Bank's Volunteer Center, Monday – Friday, 8 a.m. to 5 p.m.

Regional Food Bank of Oklahoma  
Volunteer Center  
3355 South Purdue  
Oklahoma City, OK 73179

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 10<sup>th</sup> 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 2020 "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

Help Pack-A-Pantry by donating one or more Senior Pantry Packs. Packs include the following items:

- 3 Ready to Eat Meals
- 3 Protein Items
- 3 Canned Vegetables
- 2 Pasta or Rice Items
- 2 Breakfast 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.

### Ready to Eat Meal Ideas

- Instant Mashed Potatoes
- Instant Grits
- Stove Top Stuffing
- Hamburger Helper
- Rice a Roni
- Ramen Noodles
- Spaghetti Sauce
- Soups

### Protein Items

- Tuna/Chicken in Water (canned or pouch)
- Canned Chili
- Peanut Butter (creamy)
- Canned Beans (navy beans, white beans, pinto beans, black-eyed peas)
- Refried Beans
- Canned Chili

### Pasta or Rice Items

- Minute Rice
- Spaghetti Noodles
- Macaroni
- Egg Noodles

### Breakfast Items

- Instant Oatmeal
- Biscuit/Pancake Mix
- Plain Breakfast Cereal (bran flakes, crispy hexes, corn puffs, etc.)

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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, no syrup)
- Corn Bread Mix
- 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