



**“Food Insecurity: A Plan to Relieve the Burdens of Food
Insecurity in Denville, New Jersey”**

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December 11, 2019

Ms. Wendy Chung
Grants Manager
The NoVo Foundation
535 5th Avenue
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Re: Senior Citizen Food Insecurity in Denville, NJ

Dear Ms. Wendy Cheung,

First and foremost, I would like to offer you my utmost gratitude for attending my presentation on Tuesday, November 12th. With the aid of you and the NoVo Foundation, we can truly make a positive impact in Denville. However, as mentioned previously in my oral presentation, the current rates of food insecurity in the town's senior citizens community are extremely unacceptable, leaving many seniors hungry and suffering from adverse health effects. As an individual who is very knowledgeable in this specific field, I insist that I possess an effective strategy which would greatly alleviate the high rates of food insecurity which Denville's senior currently exhibit.

Your foundation's financial generosity has transformed countless communities and neighborhoods with the focus of establishing a caring and balanced world—and I maintain that my organization, The Denville Hand Against Hunger (TDHAH), would be an excellent allocation of your resources. The statistics concerning senior food insecurity in Denville are truly harrowing, as research reveals that approximately between 15% to 25% of senior citizens in Denville have exhibited symptoms of food insecurity in the past. If many seniors in Denville consistently exhibit food insecurity, many will experience adverse health effects which could lead to even further complications.

While there are currently programs in Denville which seek to reduce food insecurity, these programs are underutilized by many seniors and lack essential segments which could educate seniors about nutritional information. In an effort to ameliorate these concerns, I plan to construct an organization known as the Denville Hand Against Hunger, which is composed of informing seniors of the benefits they are eligible for, and an 11-class program which will educate seniors in regards to nutritional information and the importance of maintaining a balanced diet.

Once again, I would like to thank you for your time, patience, and engagement towards this immediate issue. If you have any questions, please call me at (862) 251-1016 or email me at mwk61@scarletmail.rutgers.edu.

Sincerely,
Marek Kosiorowski

Marek Kosiorowski

Food Insecurity

A Plan to Relieve the Burdens of Food Insecurity in Denville, New Jersey



(source: cfanjan.org)

Submitted by:
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Submitted to:
Ms. Wendy Chung
The NoVo Foundation
535 5th Avenue
New York, NY 10017

December 11, 2019

Prepared for:
Writing for Business and the Professions
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Abstract

This comprehensively researched proposal offers statistical data and anecdotes to explore the dilemma of food insecurity in the senior citizen population of Denville Township, New Jersey. The reality is that many current Denville seniors have a lack of or limited access to affordable and nutritious food. Data reveals that approximately between 480 and 662 senior citizens currently residing in Denville have exhibited symptoms of food insecurity in their past (Beam). This in turn leads to many adverse health conditions, as food insecure seniors are at a 19% greater chance of exhibiting high blood pressure, 65% more likely to be diabetic, and 30% more likely to have reported more than one ADL limitation (Ziliak & Gundersen II).

Through further inspection of the problem at hand, research reveals that a greater issue plays a major role in the high rates of food insecurity within Denville's senior citizen community. The Supplemental Nutrition Assistance Program (SNAP), a social protection program which grants eligible citizens access to nutritious and healthy food options through an Electronic Benefits Transfer Card, is one which is underutilized and misunderstood by many senior citizens. This, partnered with feelings of guilt at the thought of utilizing SNAP and a lack of nutritional knowledge, greatly contributes to food insecurity rates in Denville. Inside is a solution to alleviate the dilemma at hand through the creation of a program known as The Denville Hand Against Hunger (TDHAD). In this program, employees will seek to educate seniors about the benefits that they may be entitled to, mitigate confusion and the current lack of knowledge surrounding SNAP, and improve senior's nutritional knowledge as well.

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Executive Summary

The overlooked dilemma of food insecurity is an issue which is unfortunately growing in the United States. While much of American society can afford to engage in frivolous spending habits and purchase what they please, this is unfortunately not the case for many of our senior citizens. In fact, a large portion of America's seniors are unable to even satisfy one of humanity's basic physiological demands- the need for food. Approximately 1 in 7 American senior citizens have previously faced the threats of food insecurity in their lifetimes— the state of having a lack of or limited access to healthy and nutritious food (Rainwater IV). Distressingly, the high rates of food insecurity which our seniors currently exhibit are predicted to rise even higher, at alarming rates (Rainwater IV).

Numerous inquiries and examinations of senior citizen food insecurity have proven that it is indeed a nationwide issue, however in order to find an effective solution for the larger problem at hand, we need somewhere to begin. The Township of Denville, situated in Morris County, is a perfect place to start. Located in a county in which approximately 22% of senior citizens have reported previously eating smaller amounts of food or even skipping meals in order to save money and another 16% of senior citizens having reported previously running out of food, Denville is no exception to these harrowing statistics (Lake). Applying the aforementioned statistics to Denville uncovers that approximately between 480-662 seniors have exhibited symptoms of food insecurity in the past- an alarming amount, for a town with a senior population of only 3,005 (U.S. Census).

In turn, as a result of food insecurity, many seniors exhibit adverse health effects. Food insecure seniors find themselves at a 19% greater chance of exhibiting high blood pressure, are 65% more likely to be diabetic, twice as likely to develop gum disease, 91% more likely to experience asthma, and are 30% more likely to have reported more than one ADL limitation in their lifetime, compared to their food secure counterparts (Ziliak & Gundersen II). Additionally, research finds that seniors who are food insecure are “60% more likely to experience depression, 53% more likely to report a heart attack, and 40% more likely to develop congestive heart failure (Beam).”

The Supplemental Nutrition Assistance Program (SNAP) is a social protection program which enables eligible citizens to acquire healthy and nutritious food items through the use of an Electronic Usage Benefits Transfer Card. While SNAP can create many pathways to healthy foods for older adults, the unfortunate reality is that only 42% of eligible seniors partake in SNAP (Beam). A 2015 study which explored senior food insecurity in the United States revealed that many seniors expressed interest in partaking in programs such as SNAP, however “they lacked information about who to contact, where to go, or how to qualify for these programs” (Rainwater 37). This, paired with the negative stigmas associated with SNAP as a morally unacceptable way of providing food, hamper senior citizen SNAP usage across the United States. Denville is no exception to these shocking facts.

In addition to the low rate of seniors who utilize SNAP, another factor which heavily influences the high rates of senior hunger nationwide is a lack of general knowledge concerning nutrition. A 2015 study revealed that many seniors expressed interest in meal planning and food management courses, as well as classes in which participants were taught easy and economical cooking (Rainwater 32). Through such programs, seniors could learn how to cook on a budget, how to

make food “stretch,” and gain vital information towards more efficient shopping. Unfortunately, no such programs exist in Denville currently.

While high rates of food insecurity do currently impact Denville’s seniors, studies and solutions seeking to mitigate levels of hunger in communities in desperate need of change have been made. Research has justified that social protection programs such as SNAP have proven to be successful in combatting high rates of food insecurity to a great extent. Theories to create Social Security field offices in neighborhoods experiencing high food insecurity have also been thought of as viable solutions to alleviate confusion regarding enrollment for SNAP and mitigate high rates of hunger. Educational programs regarding nutrition have validated that through learning, a change in senior citizen’s perceptions of health, cooking abilities, and behavior can occur and leave a lasting positive imprint in the minds of seniors regarding the importance of maintaining a healthy and well-balanced diet.

In order to solve the problem of senior citizen food insecurity in Denville, it is necessary to create an affordable organization which will seek to combat hunger, known as The Denville Hand Against Hunger (TDHAH). With estimated yearly costs of approximately \$420,000, this organization would consist of two main components. The first component of TDHAH would be the implementation of new Social Security field offices in Denville, which would serve as the headquarters of TDHAH. These field offices would allow workers to spread awareness for SNAP through a variety of promotional methods. This would in turn increase participation in SNAP and greatly mitigate confusion regarding enrollment for the program, allowing many seniors to potentially utilize resources ready for their consumption. Additionally, the Social Security offices would serve as a location where seniors could schedule monthly meetings with a SNAP specialist and a nutritionist, and express their concerns regarding their hunger situations. This would allow for TDHAH to observe trends regarding Denville’s senior food insecurity, enabling us to find the most effective possible solutions to their problems. The second component of TDHAH would be the creation of an educational program known as “Steps Towards Satisfaction” (STS). STS would consist of a set of 11 classes aimed to improve senior citizen’s nutritional knowledge, how to use SNAP, and enrich their knowledge of how to cook on a strict budget. These classes would give senior citizens access to priceless information regarding SNAP and dietary decisions, as well as information on how to cook healthy meals, therefore both improving Denville senior’s health as well as lowering local food insecurity levels.

And so, with implementing new Social Security field offices in Denville in conjunction with an educational program such as Steps Towards Satisfaction, rates of food insecurity in Denville’s senior citizen population will be greatly diminished. Together with your assistance and knowledge, The Denville Hand Against Hunger can truly be successful in alleviating the high levels of food insecurity in Denville’s senior citizen community. In doing so, the standards of living will be greatly increased for many, and Denville could serve as a model town for those seeking to eliminate food insecurity from their towns as well.

Introduction

The Growing Nation

In a rapidly growing consumeristic and materialistic American society, millions of Americans commonly engage in frivolous spending to purchase luxurious items to satisfy their wants rather than their needs. Earning respectable and even in many cases hefty salaries, many of these Americans are unable to fathom their lives without the ability to purchase what they please. Unfortunately, this is not the reality for a many of our senior citizens. Whilst many are able to appease their wants without facing any problems, a large portion of America's senior citizen population are unable to even satisfy one of man's basic physiological necessities- the need for food. This lack of being unable to satisfy the need for food is known as food insecurity- the state of having a lack of or limited access to affordable and nutritious food. Approximately 1 in 7 senior citizens have faced the danger of food insecurity in the United States, and despite the fact that many American's wealth is constantly growing, the threat of hunger for many elders is as well, at an alarming rate (Rainwater IV).

Taking a Closer Look: Denville

The problem of hunger is one which cripples the entirety of the nation, however in order to find an effective solution, we need somewhere to begin. This is why I maintain that my organization, The Denville Hand Against Hunger, should initially focus on alleviating senior hunger in the Township of Denville, found in Morris County, New Jersey. Currently, Denville is not performing well in terms of food security. Situated in a county in which approximately 16% of senior citizens have previously reported running out of food (Figure 1) and another 22% of senior citizens having previously reported eating smaller amounts of food or even skipping meals in an attempt to save money in the past (Figure 2), Denville is no exception to these frightening statistics (Lake). Additionally, through examining the Elder Index, which measures the income required by senior citizens to allow them to meet their basic needs, research reveals that approximately 43% of Morris County seniors fall below the necessary amount. Denville is no omission to this harrowing statistic either.

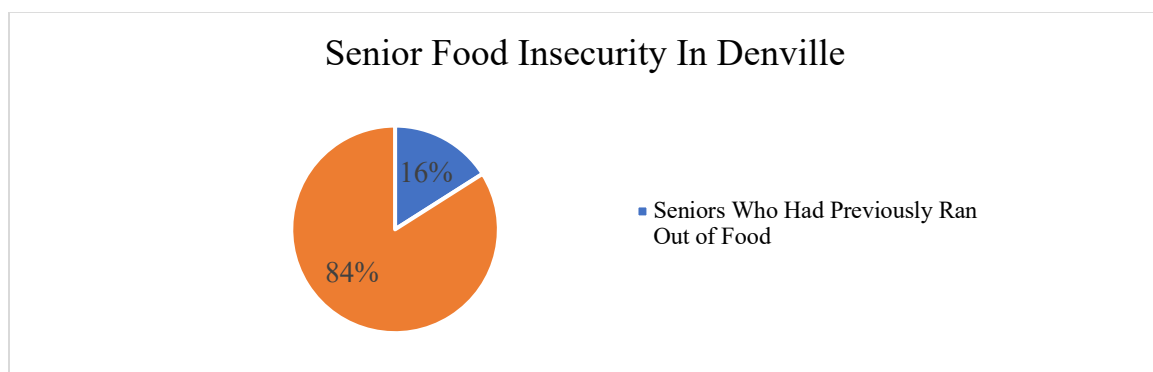


Figure 1: Denville Seniors Who Had Previously Ran Out of Food in Denville (Source: Lake)

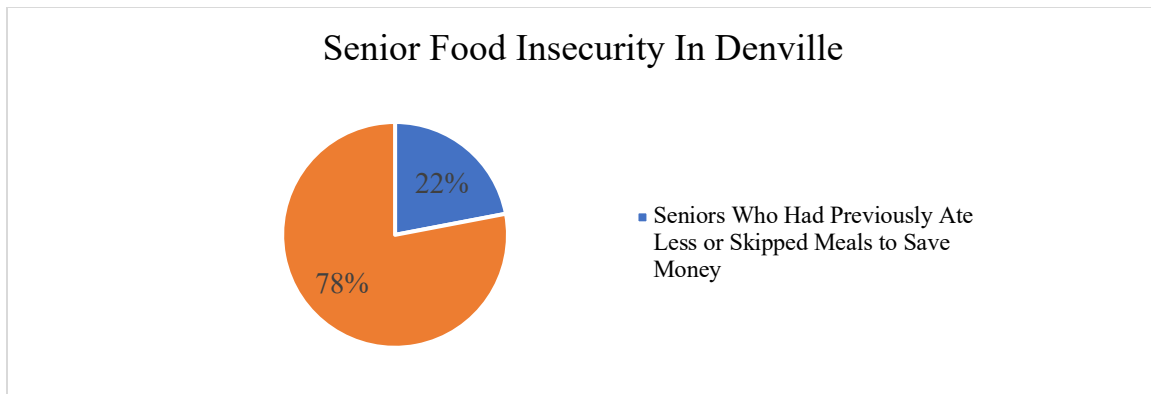


Figure 2: Denville Seniors Who Had Previously Ate Less or Skipped Meals to Save Money
(Source: Lake)

Applying the previously mentioned statistics to the Township of Denville reveals that approximately between 480 and 662 senior citizens have exhibited symptoms of food insecurity in the past, and a further 1,262 seniors lives below the elder index (U.S. Census). These three statistics are quite distressing, for a town with a senior citizen population of only 3,005 (U.S. Census).

Senior Citizens: The Overlooked American Population

When one often thinks of those who “typically” experience food insecurity, one commonly thinks of young children, infants, teenagers, and single parents struggling to get by. However, when it comes to this issue, America’s senior citizen population often gets overlooked by many.

Since 2001, the rate of food insecurity within the senior citizen population in the United States has more than doubled (National Council on Aging). Alarming, this number is expected to grow in future years, as thousands of our senior citizens face the impossible decision of having choose between paying utility bills, purchasing necessary life-saving medications, or buying food for healthy and balanced meals. Unfortunately, many seniors are forced to choose the first two options, simply due to a lack of funds. This, in turn, leads to adverse side effects for many seniors. Research reveals that food insecure seniors possess a 19% greater chance of exhibiting high blood pressure, are 65% more likely to be diabetic, and are 30% more likely to have reported more than one ADL (Activity of Daily Life) limitation in their lifetime (Ziliak & Gunderson II). Furthermore, food insecure seniors have a 91% greater chance of developing asthma than their food secure counterparts, and are twice as likely to experience gum disease as well (Ziliak & Gunderson II). Additionally, research finds that senior citizens who are food insecure are “60% more likely to experience depression, 53% more likely to report a heart attack, and 40% more likely to develop congestive heart failure (Beam),” clearly establishing the link between food insecurity and poor health.

SNAP: The Underutilized Solution

The Supplemental Nutrition Assistance Program (SNAP) is a social benefits program which provides benefits to eligible citizens through an Electronic Benefits Transfer Card. Through SNAP, members are able to purchase eligible food items using the card from vendors such as

supermarkets, granting millions of Americans access to healthy and nutritional food options. The average SNAP allowance per person in the United States is approximately \$121 per month (Rainwater 14). While this may not seem like a substantial amount of money, for many seniors, this creates many new pathways to healthy food for senior citizens.

However, despite the fact that many food insecure seniors are eligible for participation in SNAP, very few take advantage of the program. Statistics reveal that only approximately 42% of eligible seniors partake in SNAP, meaning that the program is severely underutilized by those who need it the most (Beam). The underusage of SNAP may be attributed to a variety of factors. A 2015 study which explored food insecurity amongst senior citizens in the United States unveiled that many seniors reported interest in taking part in programs such as SNAP, however “they lacked information about who to contact, where to go, or how to qualify for these programs” (Rainwater 37). In a country as socially advanced such as the United States, the fact that a lack of communication and understanding exists between those in need and social protection programs, is an alarming reality which prevents social protection programs from realizing their full potential. This confusion concerning SNAP, partnered with the many negative stigmas associated with the program, prevent many seniors from using the program. When surveyed in regards to their perceptions of SNAP, many seniors expressed feelings of guilt at the thought of participating in the program (Beam). Additionally, many seniors viewed SNAP as a socially unacceptable way of obtaining food, as many “older adults may take needing assistance as a sign of failure as a provider for their family” (Rainwater 16). These two components greatly contribute to the lack of SNAP utilization across the senior citizen population in the United States, and Denville is no exception to these dismal factors. However, these are not the only elements which influence the high rates of food insecurity which Denville’s seniors are exposed to.

Knowing Their Food

In addition to the low rate of seniors who currently utilize SNAP, research reveals that many food insecure older adults lacked general nutritional information as well. When questioned about what information could be useful for older adults, many food insecure seniors expressed their interest in meal planning and food management courses, as well as classes in which participants were taught easy and economical cooking (Rainwater 32). Many seniors cited this to the fact that they sought to learn how to make food “stretch,” or use find new ways to reuse leftover food, and “do different things with it” (Rainwater 37). Additionally, many senior citizens conveyed their interest in learning how to cook on a strict budget, as many believed that this would help alleviate financial strain to a degree (Rainwater 33). Furthermore, many older adults also expressed interest in gaining information in regard to how to shop on a strict budget as well, as many desired to become more efficient shoppers (Rainwater 33). However, similarly to the SNAP, many seniors expressed “a general lack of awareness on where and how to sign up” for such programs (Rainwater 33). Currently, there are no such programs in Denville, leaving many senior citizen’s questions unanswered, translating to high rates of hunger in the town.

Eating Away at the Hunger: Where Do We Begin?

The fact that there is a large lack of general awareness in regards to how to obtain vital information about nutrition and how to utilize readily available resources is an extremely alarming fact which

needs urgent addressing. Through this lack of communication in regards to programs such as SNAP and absence of educational programs for seniors, the rates of senior hunger in Denville will only continue to rise. This will in turn lead to negative health effects for many of our senior citizens, and lead to many older adults having additional medical expenses. This will consequently lead to many of our seniors having even greater limited access to healthy and nutritional food, due to strained financial situations. However, in Denville's case, senior citizen hunger may addressed through raising awareness for social protection programs such as SNAP and implementing a course which would inform older adults about healthy eating habits and how to prepare food on a strict budget.

Literature Review

There have been many solutions in the past which have sought to eradicate senior citizen food insecurity and enrich senior's knowledge of nutritional facts. While there is a limited amount of these solutions in the areas local to Denville, the following programs have sought to eradicate senior citizen hunger and have done so successfully. Through examination of the abundance of information in regards to food insecurity in the United States and the human mind, a plan which is modernized, efficient, and most importantly, effective, may be developed to alleviate food insecurity in Denville's senior citizen community.

The Dean Plan

"The Dean Plan" is a theory conceived by Stacy Dean, the vice president of Food Assistance Policy at the Center on Budget and Policy Priorities in Washington D.C. (Dean 1). Dean's plan seeks to increase the number of senior citizens participating in the Supplemental Nutrition Assistance Program in the United States through increasing awareness for SNAP as well as making enrollment in the program easier. Dean found that many SNAP eligible seniors who live near the poverty line in terms of household income are eligible for many other social security benefits as well, such as the Medicare Savings Program (MSP) and the Low-Income Subsidy (LIS), a program which grants eligible members easier access to drugs and medicine (Dean 7). However, many of these seniors do not know the benefits that they are qualified for. Additionally, participation rates in these programs are extremely low as the enrollment process for all three is confusing for many. "While these programs have similar eligibility rules, seniors typically must apply for them via three duplicative processes," thus making the process of applying for these programs a challenge for many seniors due and an extremely unattractive procedure (Dean 7). This factor greatly contributes to the low rates of seniors who partake in SNAP today.

Dean's solution to this issue composes of two parts. First, Dean proposes to combine the application process for SNAP, MSP, and LIS into one procedure (Dean 8). This would lead to application for the SNAP program easier, and mitigate confusion regarding the enrollment process for the program. Next, Dean suggests implementing "innovative pilots that test using Social Security field offices in... neighborhoods to enroll low-income seniors" in programs such as SNAP (Dean 8). Through such field offices, senior citizens would have a greater understanding of how to enroll in SNAP and other social protection programs. Additionally, this would increase awareness for the program to a great extent as well. This would therefore greatly increase the

number of seniors who participate in SNAP and help alleviate the rates of hunger in their communities drastically.

The Cambridge Study

The Cambridge Study was carried out by two university professors seeking to explore the relationship between SNAP usage and rates of household food insecurity. The sample population used consisted of 6,500 households and utilized an experimental research design, consisting of two sets of comparisons (Mabli and Ohls). The study consisted of a cross-sectional sample in which researchers analyzed data between households who had entered SNAP within days of entering the program and households who had participated in SNAP for over slightly more than six months (Mabli and Ohls). Additionally, the study consisted of a longitudinal sample which measured comparisons in baseline information between newcomers to the SNAP system and households who had partaken in the program longer than six months (Mabli and Ohls).

Results of the research found that “SNAP participation decreased the percentage of SNAP households that were food insecure in both samples by 6-17%,” a truly astonishing change (Mabli and Ohls). Additionally, the results of the study revealed that “SNAP participation also decreased the percentage of households experiencing severe food insecurity... by 12-19%” (Mabli and Ohls). These two statistics establish the clear link between a decrease in food insecurity and SNAP usage, and prove that the program is a viable solution for diminishing food insecurity. Through partaking in SNAP, food insecurity may be alleviated at high rates, however the greater dilemma of a lack of awareness in regards to SNAP in Denville’s senior citizen community causes the program to not be utilized by many, preventing it from reaching its maximum potential.

Seniors Eating Well

Seniors Eating Well is a Penn State University funded program which seeks to enhance the nutritional knowledge and improve health habits of both older-middle aged adults as well as senior citizens. The program consists of a series of nine 45-minute classes aimed to improve older adult’s understanding of “the critical role of nutrition to one’s health” (Friesen). The curriculum of Seniors Eating Well is structured around four themes. In the first three classes, participants learn about meal planning and decision making in regards to the food they choose to eat (Friesen). The next two classes concentrate on food preparation, and the following class focuses on social relationships and fitness (Friesen). The final three classes of the curriculum are centered around “diet, health and, chronic disease prevention programs” (Friesen). In addition, the classes are taught through PowerPoint software, allowing the program to be taught anywhere and on-the-go, catering to the convenience of many seniors. Furthermore, to increase the engagement of participants, interactive educational games are used and “make and taste-tests” are also utilized (James and Campbell).

To assess the effectiveness of the program, previous participants of the program are asked to participate in follow up evaluations approximately three to six months after completion of Seniors Eating Well (James and Campbell). These post-program evaluations seek to measure the gains in knowledge and changes in behavior following fulfillment of the program (James and Campbell). Results of the post-program diagnostic test revealed that the course had a “positive impact by

increasing knowledge, skills/abilities, intent to change behaviors, and behavior change” in almost all participants (James and Campbell).

Social Cognitive Theory

The Social Cognitive Theory (SCT) is a theory of learning conceived by Albert Bandura in the 1960's. SCT holds that humans learn behavioral patterns through observational learning- “the process by which people learn new responses by watching each other's behavior and noting its consequences” (Zimbardo 442). In this process, humans view other individuals as role models which they either choose to accept or reject. This decision depends on whether or not the role models are observed being rewarded or punished for their behaviors (Zimbardo 443). If role model is seen to be rewarded for their behaviors, through the process of SCT, this increases the likelihood that an individual will seek to replicate the behavior of the role model to get rewarded themselves. If a role model is seen being punished for a behavior, this decreases the likelihood that the behavior of the role model will be sought to be replicated by an individual. In essence, through Social Cognitive Theory, one is able to essentially discover the outcome of a behavior without having to go through a process of trial and error themselves (Zimbardo 443). Social Cognitive Theory also allows humans to gain important information about their social environment, and helps foster learning through observation and association (Zimbardo 443).

Plan: The Denville Hand Against Hunger

Satisfying the Hunger

Currently, the Township of Denville calls itself home to an estimated 3,005 senior citizens (U.S. Census). The senior population of Denville greatly contributes to help represent the identity of Denville as a community. They are our neighbors and friends. However, when a small portion of the community is affected with an adverse factor, in this case food insecurity, the entirety of the community feels the effects. In my eyes, the best solution for this previously aforementioned issue is the creation of an organization starting in 2020, known as The Denville Hand Against Hunger (TDHAH). The Denville Hand Against Hunger's motives are simple—to help eradicate the high rates of food insecurity which our seniors currently face, and to create a caring and balanced community in which our citizens can live in comfortably. The Denville Hand Against Hunger would consist of two components—the implementation of new Social Security field offices in Denville, and an eleven-class program known as “Steps Towards Satisfaction,” aimed at improving senior's “food” knowledge.

Component One: Social Security Field Offices

Social Security field offices, as identified through preceding theories, should be viewed as a crucial component to eliminating the high rates of hunger which Denville's seniors are currently exposed to. With such a large senior citizen population currently residing in Denville, it is of utmost importance to ensure that our seniors receive as much help as possible to take a step towards a threat-free and safe community.

Raising Awareness

Located in the Denville Township Municipal Building, newly developed Social Service field offices would serve as the headquarters of TDHAH. From these offices, workers could gather information from Denville's census in regards to its senior citizens, and find seniors who are eligible for participation in SNAP however do not partake in the program. The office workers could then travel to these senior citizen's homes and inform them of their eligibility to partake in SNAP, as well as other social security programs. This could also be done electronically, via email or by means of telecommunication. Additionally, these field workers could also supply seniors with information regarding how to apply for SNAP and the steps that they should take to do so. This could possibly be done through handing out pamphlets, or sending letters through the mail. This would not only increase awareness for TDHAH, but also greatly mitigate the confusion surrounding how to apply for and join SNAP and allow many seniors to potentially utilize resources ready for their consumption, thus decreasing food insecurity in Denville's senior community greatly.

"Check-In" Sessions

The secondary purpose of the Social Security field offices would be to offer seniors monthly "check-in" meetings. At these meetings, seniors would have the opportunity to meet with a SNAP specialist and nutritionist, and be able to express their concerns regarding their food security situations. This would open the door to close monitoring of Denville's senior citizen population regarding their food security circumstances. This information would then be relayed to the workers in the Social Security offices, allowing them to cater towards senior's immediate needs as soon as possible, therefore relieving any potential problems regarding SNAP or hunger which our seniors may possibly face.

Component Two: Steps Towards Satisfaction

The second component vital to ensuring the success of TDHAH would be the Steps Towards Satisfaction (STS) program. Once enrolled in SNAP, senior citizens would have the opportunity to partake in STS. Steps Towards Satisfaction would consist of a set of 11 classes aimed to improve senior's nutritional knowledge, increase senior's familiarity regarding how to use SNAP, and enrich their knowledge of how to cook on a strict budget.

Required would be the hiring of a nutritionist with background knowledge of the SNAP program. The nutritionist would teach the classes of the program, and offer seniors assistance outside of the classroom as well. STS classes would take place in a location with easy access for many, such as the Denville Township Public Library's event room, and would be free of charge for eligible members. Each class would be approximately an hour in length, and hold a maximum of 20 participants. As a result of the alarming number of senior citizens experiencing food insecurity in Denville, multiple classes would be held per week to help solve the problem at a quicker pace.

Curriculum Breakdown

The curriculum of the Steps Towards Satisfaction program of the TDHAH would be broken up into three subsections (Figure 3).

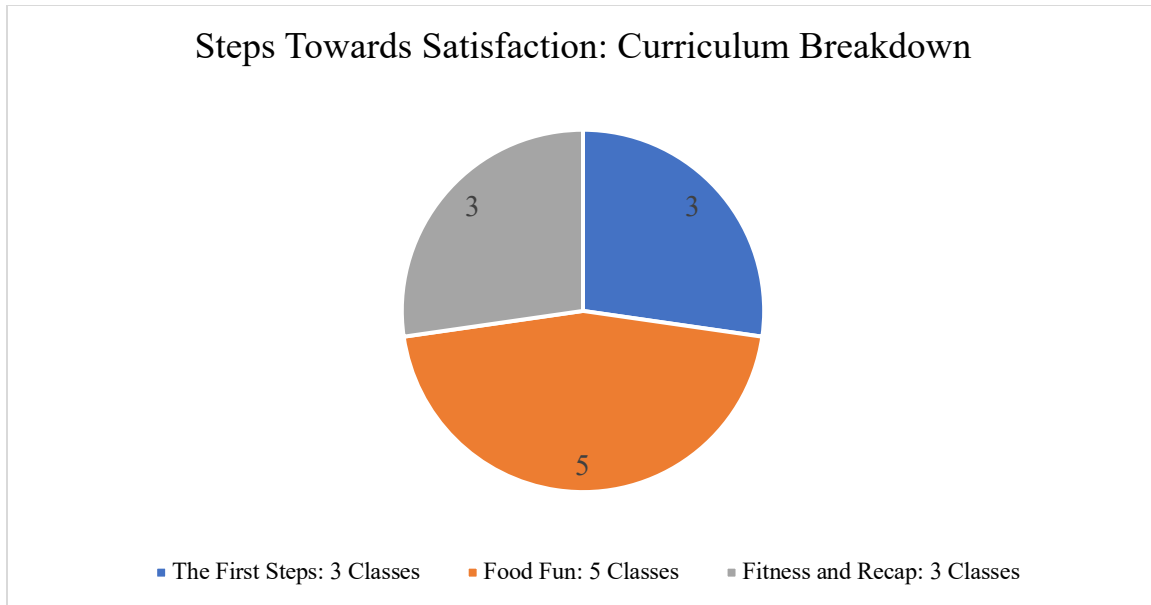


Figure 3: Steps Towards Satisfaction- A Curriculum Breakdown

The first subsection of STS would consist of the first three classes of the program, known as “The First Steps.” In the first two classes of this subsection, seniors would learn information regarding healthy eating choices and how to track the food they eat. In the next class, seniors would learn how to utilize SNAP through an interactive activity. In this activity, participants would first observe others using SNAP in the form of a video, and observe the intrinsic rewards the SNAP users would receive as a result of using the program. Next, with the help of the nutritionist, seniors would take turns practicing using their SNAP electronic benefits transfer card. Through the usage of the video in this class, participants would observe the positive intrinsic emotions the actors of the video would experience, therefore increasing the probability that participants would use SNAP, to experience the intrinsic rewards themselves. Through “The First Steps” portion of STS, our seniors would not only learn how to lead a healthier lifestyle, preventing a whole host of health problems, but also learn how to use readily available resources at their consumption, therefore alleviating rates of food insecurity greatly.

The second subsection of Steps Towards Satisfaction would compose of the next five classes of the program, known as “Food Fun.” In the first two classes of “Food Fun,” seniors would learn about new recipes, which would enable senior citizens to prepare and create healthy meals on a budget. In the next three classes, participants would be taught how to make food “stretch,” and be taught how to reduce food waste. This would be done through teaching seniors innovative new ways of using food, such as using leftovers to create soups and new healthy recipes.

The third and final subsection of STS would comprise of the final three classes of the program, known as “Fitness and Recap.” In the first class of this subsection, seniors would learn the importance of fitness and once again be reminded of the importance of maintaining a healthy lifestyle. The final two classes of “Fitness and Recap” would recap the importance of upholding a healthy and well-balanced diet.

Budget

- Starting Costs (One-time)
 - Social Security Municipal Building offices - \$40,000
 - TDHAH promotion - \$5,000
- Yearly Costs
 - Social Security worker's salaries - \$165,000
 - (55,000/worker)
 - SNAP Specialist salary - \$60,000
 - Nutritionist salary - \$60,000
 - Renting of Event Room in Library - \$10,000
 - Purchase of Resources: \$50,000
 - Miscellaneous Costs - \$30,000

Total Estimated First-Year Costs: \$420,000

Starting Costs (One-Time)

Item	Cost/Unit	Quantity	Total
Social Security Municipal Building Offices	\$40,000	1	\$40,000
TDHAH Promotion	\$5,000	1	\$5,000

Social Security Municipal Building office costs include materials necessary for constructing, building, and utilizing the offices. This includes computers, furniture, and utility costs. TDHAH Promotion costs include supplies required to promote and raise awareness for the program.

Yearly Costs

Item	Cost/Unit	Quantity	Total
Social Service Office Worker Salaries	\$55,000	3	\$165,000
SNAP Specialist Salary	\$60,000	1	\$60,000
Nutritionist Salary	\$60,000	1	\$60,000
Renting of Event Room in Library	\$10,000	1	\$10,000
Purchase of Resources	\$50,000	1	\$50,000
Miscellaneous Costs	\$30,000	1	\$30,000

Salaries of the social service office workers, SNAP specialist, and nutritionist are all fixed yearly. Miscellaneous costs include the purchase of any additional resources other than those included in the Purchase of Resources cost, the repair of broken technology, and potential legal fees.

Discussion

There should be no question about the adverse effects food insecurity stimulates in a society. When food insecurity infiltrates a certain population of a community, it acts much like a disease to the human body. When a certain part of the human body is attacked by a disease, the entirety of the body begins to feel the effects. As a result, the human body weakens, and the disease spreads, leading to the rest of the body to eventually crumble. When a certain portion of a community is plagued by food insecurity, the entirety of the community begins to feel the effects. As a result, the standards of living decrease for hundreds, and the community is faced with the task of fending off the impending dilemma from spreading to other parts of the society.

However, with the birth of The Denville Hand Against Hunger, a cure may be found for the high rates of food insecurity which our senior citizens currently exhibit. As a result of this groundbreaking program, not only will food insecurity be drastically alleviated in Denville's senior community, but the standard of living will improve immensely for hundreds as well.

Naturally, the development and success of TDHAH will be carefully monitored. Social Security office workers will measure monthly rates of food insecurity which our seniors experience, and the problems senior citizens face on their journey towards food security. With this knowledge in mind, TDHAH will be able to focus efforts subsequently to provide the best possible standards for our seniors.

Together, we could transform Denville into an ideal location for senior citizen living and help establish its reputation as a model town for other towns and cities across the country seeking to appease senior hunger.

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