



# Barriers to Senior Food Security in Kentucky

From the Humana Foundation’s Issue Brief, Senior Food Insecurity in Kentucky: A Growing Public Health Challenge



## Purpose

To shine a light on senior food insecurity in Kentucky and the barriers seniors face accessing healthy, affordable and culturally appropriate foods, while highlighting unique Kentucky assets to develop sustainable interventions and solutions.



## What We Examined

- **Review** of the 2025-2027 Kentucky State Plan on Aging
- **Interviews** with the Foundation’s grant partners, food security experts, and Kentucky seniors



## Partners Making Progress

- 1 **Legal Aid Society Inc.:** Helping seniors secure Supplemental Nutrition Assistance Program (SNAP) benefits with legal and in-home support.
- 2 **Dare to Care Food Bank:** Expanding food equity with senior-centered, community-led solutions.
- 3 **UNC Chapel Hill:** Pioneering research linking food security and connection through meals and companionship.



## Why It Matters

Senior food insecurity in Kentucky is a complex, urgent issue that demands a comprehensive and collaborative response.



## Call to Action for Funders

- 1 **Fund and scale community-driven programs** that address both nutrition and social connection.
- 2 **Invest in Senior SNAP Outreach and Enrollment** through community and healthcare organizations that help seniors navigate complex benefits systems, reduce stigma, and expand access to federal and local nutrition programs.
- 3 **Foster cross-sector collaboration** by joining or investing in coalitions across healthcare, aging, agriculture, and philanthropy to build a resilient, equitable, and sustainable “senior food ecosystem.”
- 4 **Support research and evaluation** by funding county-level studies on senior food insecurity and scaling best practices that improve nutrition, emotional well-being, and social connectedness.

[Read the full issue brief here.](#)

