Mail-a-Meal distributed 46,000 pounds of food (1,213 boxes), to 100 households across 24 counties.

Montana Food Bank Network conducted phone surveys with 58 participants and eight drop-site coordinators to determine if the Mail-a-Meal Program is having an impact on food insecurity, hunger-coping trade-off behaviors, and health status.

**Mail-A-Meal Satisfaction:**
- 96% were very satisfied with the delivery of boxes
- 68% shared food from the box
- 62% thought the nutrition information, healthy tips, and recipes were helpful
- 49% reported that there were items in the box that they did not use (mostly due to allergies or dietary restrictions)
- Fresh fruits and vegetables, fresh meat, and dairy products were most frequently mentioned items they wish they could receive

**Health indicators show importance of including low sodium and low sugar foods:**
- 50% reported having high blood pressure
- 37% reported having diabetes

**Mail-A-Meal Participation**
- 32% of program participants report receiving one box/month or between 6-11 times/year
- Some participants skip a month when other food resources are available

**Evaluation Impact at MFBN**
“MFBN intends to implement similar evaluation questions and processes with our [other programs], which would not have been implemented had we not participated in this grant program.”

**Socio-Demographics of Surveyed Participants**

Avg. Age: 63
Income: 85% have incomes $25K or below
Avg. Household: 3.52 members
Transportation: 25% travel over 45 minutes to buy food
Other Assistance: 90% participate in at least one other assistance program (74% Medicaid, 36% SNAP, 20% NSLP, 22% food pantry)

**Food Security Among Participants**

- 57% food insecure
- 43% food secure

Coping trade-offs occurred rarely, but included buying the cheapest foods available, avoiding expensive foods like fresh fruits and vegetables, and shuffling around or skipping bill payments

In 2019, Montana Food Bank Network was selected as a Rooted in Evidence grantee. Established by the Gretchen Swanson Center for Nutrition, this grant program funds eligible food banks working to support innovative and dynamic programming to improve the health and dietary quality of emergency food recipients. Grantees were awarded $20,000 and received technical assistance and evaluation support.