

Meet senior citizens JoAnn and John

While people of all ages are susceptible to the negative effects of hunger, many senior citizens are especially vulnerable because of poor health and low income. JoAnn and her husband John are in their seventies and have experienced the risks of hunger firsthand.



JoAnn and John always had full-time jobs, working hard their whole lives to support their three children. JoAnn never took a break from caring for her family. Later in life she took care of her mother for three years and watched over her grandchildren while her daughter worked during the day.

Life is a little harder now for JoAnn and John. She has major heat trouble and he is unable to walk. Because neither of them can work, the couple's only income is a small Social Security check. This is rarely enough to buy food after paying for utilities, medicine and other expenses.

But JoAnn and John don't have to worry about where their next meal will come from, because they know they can count

on nutritious meals each weekday and groceries every Wednesday at the Haltom City Senior Center, a partner of Tarrant Area Food Bank. JoAnn says that if they weren't able to take home groceries, she and John wouldn't be able to eat sometimes.

"We count on being able to come here and eat," she says. "We have survived on the Food Bank."

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