



## FREE FOOD FOR SENIORS

### Commodity Supplemental Food Program – Federal Food for Seniors

#### What do you need to know to be eligible?

If you are 60 years of age or older. If your income is below 130%.

Household Size	Annual	Monthly	Weekly
1	\$16,588	\$1,383	\$319
2	\$22,412	\$1,868	\$431
3	\$28,236	\$2,353	\$543
4	\$34,060	\$2,839	\$655
5	\$39,884	\$3,324	\$767
6	\$45,708	\$3,809	\$879
7	\$51,532	\$4,295	\$991
8	\$57,356	\$4,780	\$1,103
For each add'l household member, add...	\$5,824	\$486	\$112

#### What will you receive in the food box?

**FRUITS & JUICES** [1 juice & 3 fruits or 1 juice, 2 fruits, 1 raisin.

**VEGETABLES** [8 vegetables or 6 vegetables & dehydrated potatoes.

**CHEESE** [ 2-pound block].

**MILK** [2 UHT milk – 32 oz].

**MEAT, POULTRY & FISH** [1 beef or 1 chili & 1 poultry or fish].

**PLANT-BASED PROTEIN** [3 peanut butter, canned beans, dry beans or lentils.

**CEREALS** [2 dry, farina, rolled oats or grits].

**PASTA & RICE** [2 pasta or white/brown rice]

#### What information will you need at registration?

**Verification of ID, age & address** using a driver’s license, passport, picture ID card, birth certificate or similar document.

**Verification of family income** by bringing a W-2, the previous years tax return, social security award letter, last four pay stubs or similar documents.

#### For More Information, call:

*Share Food Program 215-223-2220*

**The Non-Discrimination Statement is on the back. Please turn over.**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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