Form 402022 CSFP Outreach Flyer



FREE FOOD FOR SENIORS

# Commodity Supplemental Food Program – PA SENIOR FOOD BOX PROGRAM

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

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

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| **2022-23 CSFP Income Guidelines – Elderly 130% of Poverty** |
| **Household Size** | **Annual** | **Monthly** | **Weekly** |
| 1 | $17,667 | $1,473 | $340 |
| 2 | $23,803 | $1,984 | $458 |
| 3 | $29,939 | $2,495 | $576 |
| 4 | $36,075 | $3,007 | $694 |
| 5 | $42,211 | $3,518 | $812 |
| 6 | $48,347 | $4,029 | $930 |
| 7 | $54,483 | $4,541 | $1,048 |
| 8 | $60,619 | $5,052 | $1,166 |
| For each additional household member, add: | $6,136 | $512 | $118 |

# 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 each

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 Identification -** Must Include Date of Birth & Current Address

**NOTE:** if you have additional people in your household you will need to know their monthly income, birth date and of course name for each additional person.

# Where do you get more information?

*Insert number, extension if applicable*

# 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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(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.

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