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 household income is below 130% of the Income Guidelines

What will you receive in the food box?
Eight cans of vegetables (or six vegetables and one dehydrated potato),
four fruits including one bottle of juice, three plant-based proteins
consisting of peanut butter or beans, two cereals, two, one pound boxes
of pasta or rice, two quarts of shelf-stable milk, two cans/packages meat,
poultry or fish and one block of cheese.

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:
215-339-0900

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.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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, 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.

This institution is an equal opportunity provider.