

Free Food for Seniors

You may qualify for a free monthly box of food through the Food Bank's Senior Box Program.



To be eligible, you must:

- Be 60 years of age or older
- Meet the income guidelines
- Provide a valid ID and proof of income upon registration

Family Size	Annual Income	Monthly Income
1	\$16,588	\$1,383
2	\$22,412	\$1,868
3	\$28,236	\$2,353

What's in the box?

- 7-8 cans of vegetables
- 2-3 cans of fruit
- 1-2 bottles of juice
- 2-3 cans of beef, poultry and/or fish
- 3 jars/cans of peanut butter and/or beans
- 2 packages of cereal, grits and/or oats
- 2 pounds of pasta and/or rice
- 2 packages of shelf-stable milk
- 2 pound block of cheese

Greater Pittsburgh
community food bank



For more information, call
412-460-3663, ext. 720

Non-discrimination statement and full income guidelines are on the other side. Please turn over.

**2019 - 2020 CSFP Income Guidelines
Elderly - 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 additional household member, add:	\$5,824	\$486	\$112

*CSFP agencies must implement the adjusted income guidelines for elderly applicants immediately upon receipt.

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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.

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