## What is CSFP?

This program is from the USDA and benefits people ages 60 and over who meet the income requirements. Each month, participants receive a box of nutritious food to supplement their grocery shopping.

Call us at <u>Share Montco</u> <u>Hunger Solutions</u> to find out where you can participate. When registering, you will need to bring:

- A government issued photo ID with proof of address
- Proof of Income (Social Security Award Letter, Disability Award Letter, Proof of Pension, etc.)

MONTCO HUNGER SOLUTIONS

**Nourishing Community** 



# Montco Hunger Solutions

**Call us at:** (610) 628-2400

Or visit us online at:

www.montcohunger.solutions

- THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



Commodity Supplemental Food Program For Seniors



A MONTHLY SUPPLY OF NUTRITIOUS FOOD

Available in Montgomery County

## Who may Apply?

Eligibility for CSFP is based on age and income. If you are at least 60 years old and meet or fall below the following income guidelines, you are eligible for this program.

Family Size Annual Monthly

1	\$15,782	\$1,316
2	\$21,398	\$1,784
3	\$27,014	\$2,252
Where can I get it?		

Share partners with dozens of agencies in Montgomery County. Call to find out how you can register and where your closest participating agency is.

#### Montco Hunger Solutions

Senior Farmers Market Vouchers

The Emergency Food Assistance Program

State Food Purchase Program

#### Each Month, You'll Receive:

4 Vegetables (Green Beans, Corn, etc.)

2 Fruits (Mixed Fruit, Applesauce, etc.)

2 Juices (Grape, Apple, Orange, etc.)

1 Protein (Chicken, Beef, Tuna, etc.)

2 Cereals (Corn Flakes, Wheat, Chex, etc.)

1 Protein alternate (Peanut Butter or Beans)

Milk Product (Shelf-stable fluid or Instant)

Carbohydrate (2 lb Pasta or Rice)

21b Cheese (Low Fat American)



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 <u>USDA Program Discrimination</u> <u>Complaint Form</u>, (AD-3027) found online at: <u>http://www.ascr.usda.gov/</u> <u>complaint\_filing\_cust.html</u>, 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:

 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.