



# 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

Family Size	Annual Income	Monthly Income
1	\$16,744	\$1,396
2	\$22,646	\$1,888
3	\$28,548	\$2,379

### 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



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

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

2021 - 2022 CSFP Income Guidelines Elderly - 130%			
Household Size	Annual	Monthly	Weekly
1	\$16,744	\$1,396	\$322
2	\$22,646	\$1,888	\$436
3	\$28,548	\$2,379	\$549
4	\$34,450	\$2,871	\$663
5	\$40,352	\$3,363	\$776
6	\$46,254	\$3,855	\$890
7	\$52,156	\$4,347	\$1,003
8	\$58,058	\$4,839	\$1,117
For each additional household member, add:	\$5,902	\$492	\$114
*CSFP agencies must implement the adjusted income guidelines for elderly applicants immediately upon receipt.			

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](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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