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	$23,940	$1,995
2	$32,460	$2,705
3	$40,980	$3,415

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

Greater Pittsburgh community food bank

PA Senior Food Box Program

pennsylvania DEPARTMENT OF AGRICULTURE BUREAU OF FOOD DISTRIBUTION

HUNGER-FREE PENNSYLVANIA A Network of Food Banks & Charitable Organizations

1 N. Linden St. | Duquesne, PA 15110
pittsburghfoodbank.org
412-460-3663

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

2026 CSFP Income Guidelines Elderly - 150%			
Household Size	**Annual**	**Monthly**	**Weekly**
1	$23,940	$1,995	$461
2	$32,460	$2,705	$625
3	$40,980	$3,415	$789
4	$49,500	$4,125	$925
For each additional household member, add:	$8,520	$710	$164

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.

Our Mission
Our mission is to leverage the power of community to achieve lasting solutions to hunger and its root causes.

Our Vision
A hunger-free southwestern Pennsylvania.

Your Support
Together, we ensure all of our neighbors across the region have enough food to lead happy, healthy lives.