

Are you....

- 60 or older?
- Not currently receiving a monthly senior box?
- A resident of Philadelphia, Bucks, Chester, Delaware or Montgomery County?
- Within the income guidelines below?*

If you said YES to all of the above then you qualify for a monthly senior box!

*Find the number of people in your household. If your combined income is less than the amount listed, then you are eligible.

Family Size	Annual	Monthly	Weekly
1	\$14,079	\$1,174	\$271
2	18,941	1,579	365
3	23,803	1,984	458
4	28,665	2,389	552
5	33,527	2,794	645
6	38,389	3,200	739
7	43,251	3,605	832
8	48,113	4,010	926
For each additional family member add:	+4,862	+406	94

To receive your monthly box, call the **Philabundance Food Help Line at 1-800-319-Food (3663)**. The operator will ask for your address and direct you to an agency near you where you can register and begin picking up a monthly senior box.

Boxes Contain: Fruit Juice, Vegetables, Canned Meat, Pasta, Milk, Cereal, Fruit, Non-Meat Protein, and Cheese.

The CSFP is an Equal Opportunity Provider.



Senior Food Box

a Philabundance program

The Commodity Supplemental Food Program (CSFP) provides USDA-donated food to low-income seniors through monthly CSFP/senior boxes. Philabundance packs and delivers CSFP/senior boxes on a monthly basis to locations across Bucks, Chester, Delaware, Montgomery and Philadelphia counties.

Philabundance provided 3623 seniors with monthly CSFP/senior boxes in 2009. In 2010, due to an increase in funding, we are happy to have 8800 boxes available. Philabundance will be partnering with the Share Food Program of Philadelphia to build monthly CSFP/senior boxes.

Boxes are distributed through a variety of local agencies, food pantries, senior centers and housing complexes. Additional senior box partner locations are needed. Philabundance can provide assistance with client certification and box distribution, if needed. Interested seniors can call the Philabundance Food Help Line **800-319-Food (3663)** to be directed to a CSFP/senior box location near them.

Boxes contain approximately 30 lbs of canned and boxed food including vegetables, fruit, juice, pasta, milk, cereal, canned meat and a non-meat protein. Each box is also accompanied by fresh cheese. A nutritional newsletter containing recipes and information is included in each box.

To qualify for the program, participants must be:

- 60 years or older
- Receiving an income that is at or below 130% of the poverty line (see income eligibility chart below)
- A resident of PA (specifically Bucks, Chester, Delaware, Philadelphia or Montgomery County)

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1	\$14,079	\$1,174	\$271
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*Find the number of people in your household. If your combined income is less than the amount listed, you meet the income eligibility requirement.