Senior Food Program

What is the Senior Food Program?
The Senior Food Program is a USDA program which works to improve the health of low-income seniors 60 years of age and older by supplementing their diets with nutritious foods. The Food Bank packs and distributes 35-pound food boxes at more than 50 locations throughout San Diego County. Boxes contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat, and a non-meat protein.

How to apply:
To be eligible, applicants must be at least 60 years old, a resident of San Diego County, and meet the federal income guidelines* listed below. Eligible applicants must apply in person at a distribution site near his or her residence.

What you need to apply:
- Valid I.D. with Date of Birth (driver’s license, passport, etc.)
- Proof of address* (Utility, water, or telephone bill, rent receipt or rental agreement)

*Income guidelines are provided by the USDA and were last updated 3/15/2021.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross Monthly Income</th>
<th>Gross Annual Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,396</td>
<td>$16,744</td>
</tr>
<tr>
<td>2</td>
<td>$1,888</td>
<td>$22,646</td>
</tr>
<tr>
<td>3</td>
<td>$2,379</td>
<td>$28,548</td>
</tr>
<tr>
<td>4</td>
<td>$2,871</td>
<td>$34,450</td>
</tr>
<tr>
<td>Additional Member</td>
<td>$492</td>
<td>$5,902</td>
</tr>
</tbody>
</table>

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(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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