



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.



This is an example of what seniors will typically receive in a monthly Senior Food Program box.

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.

Household Size	Gross Monthly Income	Gross Annual Income
1	\$1,473	\$17,667
2	\$1,984	\$23,803
3	\$2,495	\$29,939
4	\$3,007	\$36,075
Additional Member	\$512	\$6,136

**Income guidelines are provided by the USDA and were last updated 2/14/2022.*

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)

**(P.O. Box is not valid)*

For your local distribution site, call the Food Bank at
1-866-350-FOOD (3663) or call 2-1-1
SanDiegoFoodBank.org

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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

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