

# The Jacobs & Cushman San Diego Food Bank's 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 30-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	\$1,316	\$15,782
2	\$1,784	\$21,398
3	\$2,252	\$27,014
4	\$2,720	\$32,630
Additional Member	\$468	\$5,616

## 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](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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