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 2/12/2020.

<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>$1,383</td>
<td>$16,588</td>
</tr>
<tr>
<td>2</td>
<td>$1,868</td>
<td>$22,412</td>
</tr>
<tr>
<td>3</td>
<td>$2,353</td>
<td>$28,236</td>
</tr>
<tr>
<td>4</td>
<td>$2,839</td>
<td>$34,060</td>
</tr>
<tr>
<td>Additional Member</td>
<td>$486</td>
<td>$5,824</td>
</tr>
</tbody>
</table>

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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