



# 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	\$1,396	\$16,744
2	\$1,888	\$22,646
3	\$2,379	\$28,548
4	\$2,871	\$34,450
Additional Member	\$492	\$5,902

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

## 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**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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)

*This institution is an equal opportunity provider.*