



FREE FOOD FOR SENIORS

Through the Nutrition Assistance Program for Seniors (NAPS) and the Commodity Supplemental Food Program (CSFP)

We help serve more than 240 food distribution locations in Minnesota each month.

Who can receive food?

Minnesota residents 60 years and older. Determined by household size and gross income.

CALL TO REGISTER
or for more information

651-484-8241

1-800-365-0270



second harvest
HEARTLAND[®]





What is required for certification?

- Recently postmarked mail with your name and address
- Current gross monthly household income
- Picture ID

What food is provided?

Canned fruits, vegetables, juices, dry and shelf-stable milk, American cheese, canned meat, peanut butter or dried beans, cereal, rice or pasta.

Household Size	Gross Monthly Income
1	\$1,473
2	\$1,984
3	\$2,495
4	\$3,007
5	\$3,518
6	\$4,029
7	\$4,541
8	\$5,052
Each Additional Member	+\$512



2harvest.org/csfp

This institution is an equal opportunity provider.

