



FREE FOOD FOR SENIORS

Through the Commodity Supplemental
Food Program (CSFP)

We help serve more than 230
food distribution locations in
Minnesota each month.

Call to register or
for more information

866-844-FOOD
or **651-401-1411**



2harvest.org/csfp



second harvest
HEARTLAND

Who can receive food?

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

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	\$1,632
2	\$2,215
3	\$2,798
4	\$3,380
5	\$3,963
6	\$4,546
7	\$5,129
8	\$5,712
Each additional member	+\$583

This institution is an equal opportunity provider.