



Sample of box items—specific items vary each month.

FREE FOOD FOR SENIORS

Through the Commodity Supplemental Food Program (CSFP)

FREE nutritious food for seniors 60+

Who is eligible?

- Adults 60 years and older
- Determined by household size and gross income

Easy to Enroll

Call Second Harvest Heartland
 Metro Area: 651-401-1411
 Toll Free: 866-844-FOOD

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



2harvest.org/csfp

Second Harvest Heartland is an equal opportunity provider.

