



## Food for Seniors

Sacramento Food Bank & Family Services operates Food for Seniors, providing **FREE** food to low-income seniors. Eligible participants will receive a box of groceries each month.

### Am I eligible?

To be eligible, you must be at least **60 years of age** and meet the income guidelines below.

### 2019 California CSFP Income Guidelines

130% Federal Poverty Level

Household size	Annual	Monthly	Weekly
1	\$16,237	\$1,354	\$313
2	\$21,983	\$1,832	\$423
3	\$27,729	\$2,311	\$534
4	\$33,475	\$2,790	\$644
5	\$39,221	\$3,269	\$755
For each additional household member, add	\$5,746	\$479	\$111



### What type of groceries will I receive?

Groceries are pre-packed in boxes and include a variety of foods such as milk, cereal, grains, cheese, juice, canned meat, peanut butter, canned vegetables and canned fruit. Participants receive approximately 30 pounds of food per month.

### I am interested, what do I need to sign up?

To sign up for Food for Seniors, please bring the following documents to one of our distribution sites and complete a short application.

#### 1. Proof of Identity / Age:

Driver's license, I.D. card, passport, credit card or bank card, library card, insurance card, birth certificate, hospital record of birth, marriage or divorce record, transit I.D. **OR** other official I.D.

#### 2. Address Verification:

Identification with local address **OR** any bill with your name and local address

*This institution is an equal opportunity provider.*

# Food for Seniors Distribution Locations

Site	Address	Distribution Schedule
<b>Citrus Heights</b>		
Sunrise Christian Food Ministry	5901 San Juan Avenue Citrus Heights, CA 95610	Monday to Friday 11:30 a.m. – 3 p.m.
<b>Galt</b>		
South County Services <i>Chabolla Community Center</i>	610 Chabolla Avenue Galt, CA 95632	3 <sup>rd</sup> Thursday 9 a.m. – 11 a.m.
<b>North Highlands</b>		
Our Lady of Lourdes	1951 North Avenue Sacramento, CA 95838	3 <sup>rd</sup> Tuesday 11 a.m. – 1 p.m.
<b>Rancho Cordova</b>		
Rancho Cordova Public Library	9845 Folsom Blvd. Sacramento, CA 95827	4 <sup>th</sup> Thursday 10 a.m. – 11:30 a.m.
<b>Sacramento</b>		
GASBOL Food Pantry	4809 Roosevelt Avenue Sacramento, CA 95824	3 <sup>rd</sup> Thursday 3 p.m. – 6 p.m.
Southgate Public Library	6132 66 <sup>th</sup> Avenue Sacramento, CA 95823	3 <sup>rd</sup> Thursday 10 a.m. – 11:30 a.m.
South Sacramento Interfaith Partnership Food Closet	5625 24 <sup>th</sup> Street Sacramento, CA 95822	4 <sup>th</sup> Monday 9 a.m. – 11:30 a.m.



[www.sacramentofoodbank.org/healthy-seniors](http://www.sacramentofoodbank.org/healthy-seniors)

(916) 925-3240

