Get Food and Facts
Grocery Plus offers monthly pantry essentials to help you maximize your food and nutrition. Monthly boxes are distributed at select sites throughout DC.

Who Is Eligible?
If you are 60 years of age or older, a resident of DC, and meet the income guidelines (see chart below), you are encouraged to apply.

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Federal Poverty Guidelines - 100%</th>
<th>Elderly - 130%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Annual</td>
<td>Monthly</td>
</tr>
<tr>
<td>1...............</td>
<td>$12,880</td>
<td>$1,396</td>
</tr>
<tr>
<td>2...............</td>
<td>17,420</td>
<td>2,968</td>
</tr>
<tr>
<td>3...............</td>
<td>21,960</td>
<td>3,379</td>
</tr>
<tr>
<td>4...............</td>
<td>26,500</td>
<td>3,871</td>
</tr>
<tr>
<td>5...............</td>
<td>31,040</td>
<td>4,363</td>
</tr>
<tr>
<td>6...............</td>
<td>35,580</td>
<td>4,855</td>
</tr>
<tr>
<td>7...............</td>
<td>40,120</td>
<td>5,316</td>
</tr>
<tr>
<td>8...............</td>
<td>44,660</td>
<td>5,738</td>
</tr>
<tr>
<td>For each add'l household member, add…</td>
<td>4,540</td>
<td>492</td>
</tr>
</tbody>
</table>

There's More!
When enrolled in Grocery Plus, you are also enrolled in The Senior Farmers' Market Nutrition Program (SFMNP). This program provides seniors with farmers market vouchers that are redeemable for produce at participating farmers markets during the summer months.

What's In A Box?
- Tuna, Chicken, and/or Beef
- Cheese
- Pasta and/or Rice
- Fruits and Vegetables
- Bottled Juice
- Peanut Butter
- Beans
- Cereal
- Milk
- Recipes
- Nutrition Tips
How Does it Work?

1. **Delivered** - Foods are delivered to the food bank and then to a convenient location for pick up by you or your proxy.

2. **Pick-Up** - Participants receive information on when, where, and how they can pick up their food box. Boxes are estimated at 30-40 pounds so access to a cart or a helping hand is strongly recommended.

3. **Enjoy!** - the foods provided to create your own nutritious meal. Tips and recipes are also provided.

How To Apply?

Visit the **Grocery Plus Walk In Center** located at **5601 East Capitol St SE**

**If you qualify you will receive a Grocery Plus box the same day!**

The Grocery Plus Walk In Center is open:

- Monday 8:30 am - 12pm
- Tuesday—Friday 8:30 am—4 pm

For questions or directions, please call us at **(202) 644-9880**

Grocery Plus is known nationally as the **Commodity Supplemental Food Program (CSFP)** and the **Senior Farmers Market Nutrition Program (SFMNP)**. This institution is an equal opportunity provider.