

Senior Farmers' Market Nutrition Program



During the summer months seniors participating in the Commodity Supplemental Food Program (CSFP) will also receive a fresh bundle of locally grown fruits and vegetables.

This fresh bundle is only offered in the summer, so call today to start receiving Commodity Foods.

Rev 2/2020

Call the agency in your county
to set up an appointment
and
start receiving healthy foods.

**Community Action Program
Belknap-Merrimack Counties, Inc.**
(serves Belknap, Coos, Grafton and
Merrimack Counties)
225-2050 or 800-578-2050

Goodwin Community Health
(Serves Carroll and Strafford Counties)
332-4358 or 855-332-4358

Southern New Hampshire Services
(Serves Hillsborough and Rockingham
Counties)
Greater Manchester and Rockingham
Counties call 800-256-9880
Greater Nashua call 877-211-0723

Southwestern Community Services
(serves Cheshire and Sullivan Counties)
352-7512 or 800-529-0005

New Hampshire Commodity Supplemental Food Program (CSFP)



Free, Healthy Foods for Adults 60 years and older

Call us at 1-800-942-4321



Are you an adult 60 years or older looking to stretch your food budget?

CSFP can help by providing healthy foods to supplement your food budget.

The value of the food you receive is approximately \$50.00 per month.

Foods provided in your box may include:

- Milk—shelf stable/UHT
- Non-fat dry milk
- Peanut butter
- Rice and Pasta
- Breakfast cereal
- Cheese
- Canned fruit
- Canned vegetables
- Canned meat, poultry or fish
- 100% Ready to drink juice
- Canned or dry beans

Wondering if you qualify?

Income Guidelines

Effective

February 12, 2020

to

June 30, 2021

<u>Family Size</u>	<u>Annual</u>	<u>Monthly</u>	<u>Weekly</u>
1	\$16,588	\$1,383	\$319
2	22,412	1,868	431
3	28,236	2,353	543
4	34,060	2,839	655

These income guidelines are provided by the US Department of Agriculture and are 130% of federal poverty guidelines.

This institution is an equal opportunity provider.

How do you get your CSFP box?

You have several options for how to pick up your CSFP box.

1. Shop at a nearby warehouse
2. Pick up your box at one of many locations across NH, such as churches, senior centers, senior housing, community buildings and community action programs.
3. Send a family member with permission to pick up your box for you.

Call the CSFP agency

listed on the back side of this brochure to make an appointment today!