

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 1/26/2023

Call the agency in the county you live to set up an appointment. Start receiving healthy foods.



**Community Action Program
Belknap-Merrimack Counties, Inc.**
(serves Belknap, Carroll, Coos, Grafton,
Merrimack and Strafford Counties)
603-225-2050 or 800-578-2050



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)
603-352-7512 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. This will help lower your monthly grocery bill.

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

Foods provided in your CSFP box may include:

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

Wondering if you qualify?



Income Guidelines

Effective

January 26, 2023

to

June 30, 2024

Family

<u>Size</u>	<u>Annual</u>	<u>Monthly</u>	<u>Weekly</u>
1	\$18,954	\$1,580	\$365
2	\$25,636	\$2,137	\$493
3	\$32,318	\$2,694	\$622
4	\$39,000	\$3,250	\$750

Source: US Department of Agriculture.
Income is based on 130% of federal poverty levels.

This institution is an equal opportunity provider.

How do you get your CSFP box?

You have several options:

1. Pick up your box at one of many locations across NH, such as churches, senior centers, senior housing, community buildings and community action programs.
2. Send a family member or friend with your permission to pick up your box for you.
3. We offer a safe and social distance drive-thru option at all our locations.

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