

# 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 3/2021

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

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**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  
March 12, 2021  
to  
June 30, 2022

<i><u>Family Size</u></i>	<i><u>Annual</u></i>	<i><u>Monthly</u></i>	<i><u>Weekly</u></i>
1	\$16,744	\$1,396	\$322
2	\$22,646	\$1,888	\$436
3	\$28,548	\$2,379	\$549
4	\$34,450	\$2,871	\$663

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 receive your CSFP box.

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 with permission to pick up your box for you.
3. **We offer a safe and social distant drive-thru option at all our locations.**

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