

## Senior Farmers' Market Nutrition Program



During the summer months seniors participating in CSFP are eligible to receive free fruits and vegetables that are delivered directly to the CSFP site they shop at or where they receive their food boxes.

Seniors will receive one “bundle” for the summer to increase the amount of fresh fruits and vegetables they eat. Ask for more information at your CSFP agency.

Call the CSFP agency in your area to set up an appointment.

**Community Action Program  
Belknap-Merrimack Counties, Inc.**  
(Belknap, Coos, Grafton  
and Merrimack Counties)  
225-2050 or 1-800-578-2050

**Goodwin Community Health**  
(Carroll and Strafford Counties)  
332-4358 or 1-855-332-4358

**Southern New Hampshire Services**  
(Hillsborough and Rockingham  
Counties)

- Greater Manchester area and  
Rockingham County  
1-800-256-9880
- Greater Nashua area  
1-877-211-0723

**Southwestern Community Services**  
(Cheshire and Sullivan Counties)  
352-7512 or 1-800-529-0005

## New Hampshire Commodity Supplemental Food Program



## Free Healthy Foods for Seniors 60 years and older

Commodity Supplemental Food Program  
Division of Public Health Services  
New Hampshire Department of Health and  
Human Services  
29 Hazen Drive  
Concord, NH 03301  
1-800-942-4321 or 603-271-4546

# CSFP is Healthy Foods for Seniors

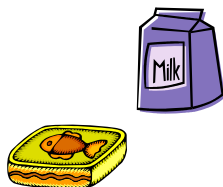
Are you a senior 60 years or older looking for help to stretch your food budget?

CSFP can help you by providing healthy foods to supplement your food budget. The value of the food you receive is approximately \$50.00 per month.



## Foods provided may include:

- Milk—shelf stable milk
- Non-fat dry milk
- Peanut Butter
- Rice and Pasta
- Cereal
- Cheese
- Canned Fruits
- Canned Vegetables - low sodium
- Canned Meat, Poultry or Fish
- 100% Juice



## How to Sign Up

Call your CSFP local agency listed on this brochure to make an appointment.

At your first appointment you will need to bring:

- ✓ Proof of Income
- ✓ Proof of Residence
- ✓ Picture ID
- ✓ Proof of Date of Birth

## You have several choices for how to pick up your CSFP boxes.

1. If you live near Concord, Manchester, or Nashua, you may come to shop at the CSFP warehouse for your food.
2. CSFP foods are delivered at many sites in NH, such as churches, senior centers, senior housing, community buildings and other sites.
3. If you need to send a family member because you can not go yourself, they may be your “proxy” and will need a note from you to pick up your foods.



## Income Guidelines

Effective

March 24, 2016—June 30, 2017

<u>Family Size</u>	<u>Annual</u>	<u>Monthly</u>	<u>Weekly</u>
1	\$15,444	\$1,287	\$297
2	20,826	1,736	401
3	26,208	2,184	504
4	31,590	2,633	608

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.