

Senior Food Resources in D.C.

Quick Tip Referral Sheet



D.C. Hunger Solutions

Ending hunger in the nation's capital

SNAP (Supplemental Nutrition Assistance Program)

Overview: Formerly known as the Food Stamp Program. Provides low-income individuals and households monthly benefits on an electronic benefits transfer (EBT) card to purchase food at grocery stores and farmers' markets.

Who is Eligible: Low-income individuals

Who to Contact:

For submitting an application: Economic Security Administration (ESA), 202-727-5355

- <http://dhs.dc.gov/service/apply-benefits>

For screening and application assistance: D.C. Hunger Solutions, 202-640-1088, lbadger@dchunger.org

- Pre-screener: www.dchunger.org/calculator or http://www.dchunger.org/pdf/snap_prescreener.pdf

Service areas: All wards.

Application process: ♦ Clients apply through paper application to ESA. ♦ Once an application is submitted, client has interview with case worker (in person or by phone). ♦ Client must submit documents (e.g., photo ID, proof of income, proof of housing costs, copies of utility bills, and copies of any out-of-pocket medical expenses). ♦ Case is processed in 30 days from the submission date, or if client has extremely limited resources, could be as soon as 7 days. ♦ Clients receive notice by postal mail, and if approved, information on where to pick up EBT cards. ♦ Note: Most seniors will receive a notice by postal mail asking if anything has changed after one year from the approval date and must re-certify after two years.

Options for Disabled Seniors: D.C. Hunger Solutions offers application assistance in person and over the phone. ESA offers telephone interviews for seniors who are disabled and unable to attend in-person interviews. Clients can designate an authorized representative to assist with their case and use their EBT card. Seniors and individuals with disabilities can submit out-of-pocket medical expenses that exceed \$35 to help improve their benefit level.

Commodity Supplemental Food Program (Grocery Plus)

Overview: Monthly box of healthy groceries (30-40 lbs.) for low-income seniors. Offers Senior Farmers' Market Nutrition Program (SFMNP) stipend of about \$25 each summer to spend on produce at farmers' markets.

Who is Eligible: Adults 60 years or older and <130% Federal Poverty Level (FPL)

Household of one: \$1,265/month

Household of two: \$1,705/month

Who to Contact:

Capital Area Food Bank (CAFB), 202-644-9880

- For more information: <http://www.capitalareafoodbank.org/programs/seniors/grocery-plus/>

D.C. Office on Aging (DCOA), 202-535-1417

Service areas: All wards

Application process: ♦ Call CAFB to find the closest pick-up site to the applicant. Sites are residential, walk-in, or community-based. ♦ Client applies at site in person based on the monthly pick-up slot for that site. ♦ Applicants must bring proof of: age, D.C. residency, identity, and income. ♦ Note: a mid-certification occurs around October each year and re-enrollment occurs each April.

Options for Disabled Seniors: Clients can designate proxies to apply and to pick-up their box if they cannot physically go to the pick-up location. Some pick-up sites are in senior buildings. Additionally, there is a homebound delivery option for which seniors can sign up.

Congregate Meals

Overview: Gives seniors nutritious lunchtime meals served daily in a group setting at 52 sites. Weekend meals are available at select sites. Cultural centers offer Hispanic and pan-Asian cuisine, as well as kosher and Halal meals.

Who is Eligible: Adults 60 years or older

Who to Contact:

D.C. Aging and Disability Resource Center (ADRC) by ward

- <http://dcoa.dc.gov/service/dc-aging-and-disability-resource-centers>

DCOA Information, Referral and Assistance Division (IR&A), 202-724-5626

- More information on meals: <http://dcoa.dc.gov/service/group-meals>

Service areas: All wards

Application process: ♦ Call nearby Lead Agency (ward ADRC) to ensure that a meal is available. ♦ Go to the Lead Agency Congregate Meal site and complete an intake form and nutrition screen. ♦ No documents needed.

Options for Disabled Seniors: All sites should be Americans with Disabilities Act compliant.

Home-Delivered Meals

Overview: Offers healthy lunchtime meals delivered to the home for seniors that are frail, homebound, or isolated. Includes options for either Monday, Wednesday, Friday and Saturday deliveries or an every other week frozen delivery.

Who is Eligible: Frail, homebound, or isolated adults 60 years or older

Who to Contact:

D.C. Aging and Disability Resource Center (ADRC) by ward

- <http://dcoa.dc.gov/service/dc-aging-and-disability-resource-centers>

DCOA Information, Referral and Assistance Division (IR&A), 202-724-5626

Service areas: All wards

Application process: ♦ Call DCOA or a Lead Agency (ward ADRC) and request Home-Delivered Meals. ♦ Lead Agency will conduct a home visit to determine eligibility and needs of applicant. ♦ Note: reassessment occurs every 6 months.

Produce Plus

Overview: Locally funded program that provides \$10 check per week at eligible farmers' markets for fresh fruits and vegetables during the summer months.

Who is Eligible: Recipients of SNAP, The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Medicaid, Qualified Medicare Beneficiary (QMB), Senior Checks (Grocery Plus/SFMNP), Supplemental Security Income (SSI), and Temporary Assistance for Needy Families (TANF).

Who to Contact:

To locate nearest markets:

- http://dcgreens.org/wp-content/uploads/2015/06/Produce_Plus_Flyer_2015.pdf

For more information:

- D.C. Greens, 202-601-9200
- D.C. Hunger Solutions, 202-640-1088

Service areas: All wards

Application process: ♦ Go to an Information Desk of any participating farmers' market. ♦ Provide D.C. ID and Program ID (e.g. EBT card) for any of the above eligible programs. ♦ Sign checks with Produce Plus volunteer or farmers' market staff member on site. ♦ Spend checks on fruits and vegetables at market. ♦ Note: clients can go to other participating markets – it is \$10 per market per week

Options for Disabled Seniors: Clients must pick up their own Produce Plus checks in person.

SHARE Food Network

Overview: Wholesale food cooperative that provides \$40-\$50 worth of food for \$20 and 2 hours per month of volunteer work. Clients can pay with SNAP, cash, Visa, MasterCard, or money order.

Who is Eligible: Any D.C. resident in need

Who to Contact:

SHARE Food Network, 1-800-21-SHARE

- For more information: www.sharedc.org

Service areas: All wards

Application process: ♦ Call SHARE Food Network line and provide zip code to get directions to the location closest to you. ♦ Get instructions on how to purchase food and when and where to pick it up.

Options for Disabled Seniors: Clients can designate authorized representative to pick up the food and volunteer on client's behalf. Seniors who are unable to volunteer can still receive food.

Other Charitable Programs

- **Capital Area Food Bank Hunger Hotline**, 202-644-9807
 - Personalized recommendations to community food resources over the phone
 - Monday-Friday, 9 am – 5 pm
 - <http://www.capitalareafoodbank.org/get-help/>
- **We Are Family**, 202-487-8698
 - Monthly grocery bag delivery, one-time emergency food bags, companionship, community, and some transportation services
 - Must be 60 years or older and in one of their service areas
 - North Capitol St., Shaw, Adams Morgan, Columbia Heights, Parkview, and Petworth

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