

HOW TO GET **FOOD** IN THE DISTRICT OF COLUMBIA



A Food and Nutrition Resource Guide For Older Adults

Published by D.C. Hunger Solutions
and AARP District of Columbia



D.C. Hunger Solutions

Ending hunger in the nation's capital



Supporting the hunger solutions
of AARP Foundation.

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The District of Columbia Food and Nutrition Resource Guide

This guide will help to explain important information about the District's food programs for older residents including SNAP/Food Stamps, Commodity Supplemental Food Program, home delivered meals and more.

This guide will tell you:

- about each program and its benefits
- who is eligible for each program
- how to apply for each program

Participating in these programs can help to stretch food dollars. Chances are, you or your clients can use more than one program, which could really make a difference in a senior's ability to access nutritious food.

Remember—a poor diet now leads to a higher risk of obesity, diabetes, cancer, heart disease, and poor health tomorrow. Everyone deserves to eat healthy food and take care of themselves and their families.

If you are a service provider or a D.C. resident and want to learn more about these programs, call D.C. Hunger Solutions at (202) 640-1088 or visit us online at www.DCHunger.org.

We have done our best to make sure this guide is accurate. Please contact us with any corrections or additions for future editions.

D.C. Hunger Solutions



D.C. Hunger Solutions

Ending hunger in the nation's capital

The Organization

D.C. Hunger Solutions was founded in 2002 as an initiative of the Food Research and Action Center (FRAC) to end hunger, poor nutrition, and obesity in Washington, D.C.

The Mission

D.C. Hunger Solutions works to create a hunger-free community and improve the nutrition, health, economic security, and well-being of low-income District residents.

The Strategy

D.C. Hunger Solutions (DCHS) utilizes a three-pronged strategy to overcome the barriers preventing low-income individuals and families from obtaining affordable, healthy food, and to create self-sustaining connections between city residents and nutritious food in their homes, at their schools, and throughout their communities. Specifically, DCHS:

- **Seeks to improve public policies to end hunger, reduce poverty, promote nutrition, and curb obesity**, working with District of Columbia agencies, community and faith-based organizations, schools, legislators, and private sector stakeholders to assure that public agencies increase the availability of healthy, affordable food in low-income areas of the city, and promote wellness policies in school and community settings. DCHS provides data analysis, policy advocacy, training, action alerts, and publications to help stakeholders implement these hunger solutions.
- **Maximizes participation in all federal nutrition programs** through a combination of vigorous outreach, removal of obstacles to participation, and close work with social service agencies. DCHS connects hungry families with programs such as the Supplemental Nutrition Assistance Program (SNAP)/food stamps and WIC; connects child, afterschool, and summer care providers with federal nutrition aid; and connects all students at risk of hunger with school breakfasts and lunches.
- **Educates the public and key audiences** both to the stark reality of hunger's existence in the midst of plenty and to solutions that are already at hand. DCHS leads and participates in coalitions to ensure that families become self-sufficient and can afford and access healthy food.

Drive to End Hunger

COMMUNITY PARTNER



Supporting the hunger solutions
of AARP Foundation.

DrivetoEndHunger.org

Why We Created Drive to End Hunger

For an alarming number of Americans age 50 and over, the worst downturn since the Great Depression and a slow recovery have made their “American Dream” opportunity feel distant, if not totally unattainable. This group faces choices and pressures unlike those of any other age group – choices no one could have prepared for – and those nearly 9 million people 50+ who struggle every day to put food on the table need a voice and an advocate now more than ever.

That’s why, in February 2011, AARP Foundation initiated Drive to End Hunger, a multiyear nationwide campaign to raise awareness and funds to address the problem of hunger among people 50+, and develop both short-term and long-term solutions to the hunger problem.

AARP Foundation believes that older adults should not have to choose between food and paying the bills or essential medications. Together we can help older adults regain their confidence and get back on track. We’re creating innovative approaches to combat hunger among Americans 50 and older in communities across the nation.

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

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Overview of Nutrition Programs For People 60 Years and Older

ARE THERE FOOD PROGRAMS FOR PEOPLE OVER 60?

Yes, there are many programs for people age 60 and over. These programs can help you eat better, feel better, and even make new friends, all for little or no cost. A list of these programs appears below, and more details are in the pages that follow.

For seniors (age 60 and over):

- **“Meals with Friends”:** These low-cost group meals are offered in senior apartment buildings, senior recreation centers, churches, and other community spaces.
- **Commodity Supplemental Food Program:** This program provides eligible seniors with a monthly food package.
- **Farmers’ Market Senior Nutrition Program:** This program gives eligible seniors \$30 in coupons to purchase fresh fruits and vegetables at farmers’ markets.

ARE THERE PROGRAMS FOR PEOPLE WITH DISABILITIES?

For seniors and persons with disabilities:

- **Homebound Meals:** These meals are specially delivered for people who are not able to shop and prepare food for themselves. There is sometimes a wait list for this program.
- **SNAP/Food Stamp Program:** SNAP benefits are monthly funds that you can use to buy most foods. There are special SNAP rules that make it easier for seniors or people who have disabilities to receive SNAP benefits. For example, seniors can receive SNAP benefits for as long as 24 months at a time without needing to recertify. See the SNAP section of this guide for more information on pages 3-14.

SNAP/Food Stamps: Helping Seniors Purchase Food

WHAT IS SNAP AND WHY IS SNAP IMPORTANT?

Each month more than 140,000 District residents benefit from SNAP, the Supplemental Nutrition Assistance Program (formerly known as the Food Stamp program). With SNAP, seniors are able to shop for diet-appropriate foods, like fresh produce and whole-grains, at grocery stores, farmers' markets and corner stores.

Even still, many older residents do not apply for SNAP benefits although they qualify. This means that many people are missing out on one way to stretch their food dollars and buy healthier food. As food prices, energy bills, and housing expenses increase, SNAP benefits can be a huge help for seniors on a fixed income.

This guide will tell you the truth about SNAP and give you the facts you need to apply quickly and easily.

SNAP benefits are monthly funds that you can use to buy most foods. The average monthly benefit for a senior living alone is \$122 per person and the minimum monthly benefit is \$15 per person. Most grocery stores, convenience stores, and corner stores accept SNAP benefits, which are distributed on an Electronic Benefits Transfer (EBT) card that works much like a debit or credit card. SNAP will help you save some cash to put toward other food, rent, energy bills, child care, or other things that you need.

SNAP is the federal government's largest nutrition program. The program is not welfare. It is a good way to increase your food buying power. Your taxes have paid for SNAP – we all have the right to apply for SNAP benefits in times of need.

WHAT CAN SNAP BENEFITS BUY?

SNAP benefits can be used to buy uncooked foods and seeds or plants for growing food.

SNAP benefits **cannot** be used to buy:

- Alcohol
- Hot meals
- Vitamins and Minerals
- Tobacco
- Paper products or soap
- Pet food (except for assistive service pets)

Who SNAP/Food Stamps Can Help

WHO CAN RECEIVE SNAP BENEFITS?

Generally, people who fall into one of these groups can qualify for SNAP:

- U.S. citizens
- Many legal immigrants
- Citizen children of undocumented or otherwise non-eligible immigrants

People receiving Temporary Assistance for Needy Families (TANF), Medicaid, or Supplemental Social Security Income (SSI) automatically qualify for SNAP.

People who typically cannot receive SNAP are:

- Most people on strike
- All undocumented immigrants
- Most college and university students who are not working or raising young children
- People who quit their jobs without reason
- People who have not followed SNAP rules

CAN IMMIGRANTS BE ELIGIBLE FOR SNAP?

Legal Permanent Residents who have been in the U.S. for at least five years may be eligible to receive SNAP benefits. A few special classes of legal immigrants, including refugees, asylees, and survivors of human trafficking, may be eligible for SNAP even if they came to the U.S. more recently.

Some legal immigrants who were not eligible for the program in the past due to their immigrant status may now be eligible again.

Applying for SNAP will not affect your immigration status or make you a “public charge.” You can apply on behalf of your children who were born in the U.S., even if you are not a U.S. citizen. You only need to provide social security numbers for your children. You do not have to provide your own social security number or answer questions about your own immigration status.

Contact D.C. Hunger Solutions for more information.

More Information on SNAP/ Food Stamps

WHAT ARE THE ELIGIBILITY REQUIRE- MENTS FOR SNAP?

Two things determine SNAP eligibility in Washington, D.C.:

- The size of the SNAP household (How many people buy and prepare food together?)
- The household total gross income (BEFORE TAXES) each month/year. If it is below 130% of the Federal Poverty Level, you may be eligible.

DID YOU KNOW?

Due to the Food Stamp Expansion Act of 2010, Washington, D.C. does not count assets (savings) when determining eligibility for SNAP benefits. Also, more households are eligible to apply. Before, a household could only apply if they earned income within 130% of the Federal Poverty Level or less. Now households that earn 200% of the the Federal Poverty Level or less may be eligible for SNAP, **especially if you have high housing and/or medical expenses.**

SNAP/Food Stamp Eligibility Guidelines		
October 2013 - September 2014		
Number of people in household	130% of Federal Poverty Level Gross Monthly Income Limits	200% of Federal Poverty Level Gross Monthly Income Limits
1	\$1,245	\$1,916
2	\$1,681	\$2,586
3	\$2,116	\$3,256
4	\$2,552	\$3,926
5	\$2,987	\$4,596
6	\$3,423	\$5,266
7	\$3,858	\$5,936
8	\$4,294	\$6,606
each additional person	add \$436	add \$670

WHAT COUNTS AS INCOME?

Below are a few examples of what can count as income. If you are unsure if something can count as income, bring it to your interview anyway.

- Wages from work (previous 30 days' paystubs)
- Unemployment or Workers Compensation
- Social Security income
- Pensions and retirement
- SSI/ Disability
- Child support or alimony
- Foster care/adoption subsidy
- Veteran's benefits
- Regularly scheduled income from a relative or friend

More Information on SNAP/ Food Stamps

WHAT DEDUCTIONS APPLY TO SNAP ELIGIBILITY?

These deductions are applied to your gross income to determine your net income:

- Standard deduction
- Earned income deduction (20% of earned income)
- Excess medical deduction (for persons with disabilities or person over age 60 only)
- Dependent care deduction
- Child support payment deduction
- Excess shelter deduction (including rent or mortgage, property taxes, fees, and insurance)
- Utility deduction (gas, water, electric, land line or cell phone, and other utilities)

HOW MUCH ARE SNAP BENEFITS?

The average SNAP benefit for a senior living alone is \$122 per person per month and the minimum benefit is \$15 per month. For the maximum SNAP benefit, see chart below.

Generally, the lower your net income, the higher your SNAP benefits.

SNAP/Food Stamp Maximum Benefit Levels	
Note: The minimum benefit for any household size is \$15 per month	
Number of people in household	November 2013 - September 2014 Maximum Benefit Level
1	\$189
2	\$347
3	\$497
4	\$632
5	\$750
6	\$900
7	\$995
8	\$1,137
each additional person	add \$142

More Information on SNAP/ Food Stamps

ARE THERE SPECIAL RULES FOR SENIORS OVER 60 OR PERSONS WITH DISABILITY?

There are many special rules that make it easier for seniors (age 60 and older) and persons with disabilities (who receive federal disability benefits) to get SNAP.

- **Income Limits:** Households with seniors or persons with disabilities may be eligible for the program even if their income is above the guidelines, especially if they have unreimbursed medical expenses or high shelter costs.
- **Re-certification:** Unlike most households that have to recertify for SNAP benefits every 12 months, senior households only need to recertify for their benefits every 24 months.
- **Interview Options:**
 - Applicants who prefer to have someone else complete their SNAP application can assign an authorized representative. The representative can complete the SNAP application and go to the interview on behalf of the applicant.
 - The applicant also can request a phone interview if he or she has difficulty getting to the office. If you have questions about how to schedule a phone interview, call D.C. Hunger Solutions at (202) 640-1088.
- **Household Size:** Typically, SNAP eligibility is based on the number of people living in the household who purchase and prepare food together. However, a person 60 years or older who is living with others and cannot purchase and prepare his or her own meals due to a permanent disability may be considered a separate SNAP household. By applying as a separate household, the elderly person (and his or her spouse), would likely receive a greater SNAP benefit.

HOW LONG BEFORE THE BENEFITS BEGIN?

Once the complete application is submitted, the D.C. Department of Human Services, Economic Security Administration (ESA) should send a written notice of eligibility within 30 days. However, if your income is less than \$150 a month or your shelter expenses exceed your income, you may qualify for “expedited” benefits. That means you have a right to receive benefits in 7 days or less.

How to Apply for SNAP/Food Stamps

Step 1: Get an Application

- Go to the nearest Economic Security Administration (ESA) office which administers the SNAP program to pick up an application. (See page 13 for the address of an office near you); or
- Go online to <http://www.dhs.dc.gov/>, then underneath the "Economic Security" tab click on "Apply for Benefits." Download the application; or
- Visit the D.C. Hunger Solutions website at www.dchunger.org, click on "Government Food/Nutrition Programs," and then click "SNAP."

Step 2: Complete Your Application and Turn It In

- Fill out your application as best as you can.
- Start gathering as much documentation as you can. See the checklist on page 14. These materials are not required to start the application process, but having all of this information with you may prevent you from having to go back to the office multiple times.
- Take the application to an ESA office. You have the right to bring your SNAP application to any District office, but if possible, call (202) 727-5355 to identify which office will be your "service office" and turn it in there. You will only be given an interview at your determined "service office".

TIP:

Turn in your application even if it is not complete. Turning in an application with just a name, signature, and address will "start the clock," making sure the SNAP/ESA office starts working on your application, so you can get your benefits as soon as possible. If deemed eligible, you will be paid benefits from the date you first turned in your application.

How to Apply for SNAP/Food Stamps

Step 3: Talk With a Case Worker

- When you arrive at the ESA office to turn in your application, you will likely speak with a case worker who will help you complete the application process and assist you with other programs you might be eligible for.
- Your case workers will help you complete your application if it is not complete and ask you questions about information you've provided or left off. Ask your case worker any questions you have. Make sure to ask about reporting and recertification requirements.

DID YOU KNOW?

If you have obligations during the day, there may still be an opportunity for you to make your appointment. Offices stay open until 8 p.m. on Wednesdays.

If it is hard for you to go to the office in person, you can request a phone interview or ask someone to go to the interview for you. Be sure to sign a note or indicate on your application that you give this person consent to be your authorized representative.

Get copies of everything you submit and try to keep everything handy, because you may need them again. Keep a list of the people you talk to. Know how to contact a case worker.

Step 4: Submit Any Other Necessary Information

- Usually, applicants do not have all of the documents they need to complete the application the first time they go to the office.
- Your case worker should tell you what other information you need to bring in and will ask you to return within 30 days. Make copies of the documents for your records and bring them in as soon as possible since the office cannot tell whether you are eligible until the application is complete.
- **Do not forget this step.** Your application will not be processed until all your information is received. If you wait too long, your case will be closed and you may have to start the application process all over again.

How to Apply for SNAP/Food Stamps

Step 5: Find Out if Your Application for SNAP was Approved

- Once your application is complete, the ESA office will send you a letter within 30 days (or 7 if you qualify for “expedited” benefits) to let you know if you qualify.
- If you qualify, you will need to go to an EBT card training center to pick up your card and learn how to use your SNAP benefits.
- If you don’t receive a letter within 30 days from the ESA office telling you whether or not you qualify, call the office.

Step 6: Pick up your EBT Card

- You must pick up your EBT card at one of two training centers, located at 611 H Street, NE and 1649 Good Hope Rd, SE.
- There is an optional training video that will help you understand how to use your EBT card. The training takes 15 to 20 minutes.
- At the end of the training, you will be issued an EBT card. It will have your SNAP benefits loaded on it.
- Use your EBT card to buy food, just like you would use a credit or debit card.

DID YOU KNOW?

SNAP/Food Stamps are distributed from the 1st to the 10th of the month depending on the first letter of your last name.

Step 7: Keep Up With the Program

- Be sure to follow reporting requirements. SNAP customers are required to tell the ESA office about certain changes (for example, changes in income or household size). You should receive a form telling you what changes you have to report.
- To report a change, call the ESA Customer Service Center at (202) 727-5355 or fax changes to (202) 724-2041.

How to Apply for SNAP/Food Stamps

Step 8: Be Aware of When You Have to 1) submit a mid-certification form and when you need to 2) re-certify.

1) Mid-Certification:

- Most seniors and persons with disabilities are approved for SNAP benefits for 24 months.
- But, clients must still submit a mid-certification form to inform ESA of any changes. The office will send a mid-certification form at the end of the tenth month of benefits. **This form must be completed, signed, and returned or the SNAP benefits will be cut off.**

2) Re-Certification:

- About two months before your SNAP benefits are supposed to end, you will receive a letter in the mail telling you a date to come in to the office to recertify. If you cannot go to the office on that day, you can call to reschedule.
- When you go to the SNAP office, you should take all of your documents, just like you did when you applied the first time. The SNAP office will want current information on what you earn and where you live. For a list of documents to take with you, see page 14.
- Be sure to re-apply on time so that your SNAP benefits keep coming without a break.
- **NOTE:** Homeless households are typically approved for only 6 months.

TIP:

The ESA office will send you a reminder to recertify, but try not to cut it close! Setting up an interview in advance helps your benefits to keep coming on time.

Know Your Rights!

WHAT ARE MY RIGHTS DURING A SNAP INTERVIEW?

When you go to an ESA office to apply for SNAP benefits, you have the right to:

- Get the forms on the same day you ask for them.
- Be screened to see if you can receive “expedited” benefits, which you can get in 7 days.
- Hand in your application after filling in only your name, address, telephone number, and signature (you can finish it later).
- File your application the day that you get it, at any time during office hours.
- Get a list of documents you will need to complete your application.
- Get help from someone who speaks your primary language.
- Submit the application at any office.

WHAT ARE MY RESPONSIBILITIES?

When you are dealing with the ESA office, you should:

- Give true and complete information. If you give false information, you may lose your benefits. You also could face other consequences, such as fines or, in rare cases, criminal proceedings.
- Tell your case worker about any changes that they ask you to report, including changes in income or who is in your household.
- Keep your appointments at the ESA office.

WHAT IS THE ROLE OF THE CASE WORKER?

At your initial interview, your case worker should:

- Tell you the program rules and explain them.
- Ask you questions to complete your application.
- Give you a list with examples of the kinds of documents or contacts you can use to prove your income, your expenses, who is in your household, and who you are. Your caseworker will ask you to collect any information on the list you did not bring.

TIP:

At your interview, make sure that you ask questions about things that you don’t understand. It is important that you know what you will have to do to get SNAP benefits.

ESA/SNAP/Food Stamp Offices

The D.C. Department of Human Services Economic Security Administration (ESA) administers the Supplemental Nutrition Assistance Program (SNAP). If you are not sure which office is nearest to you, call ESA at (202) 727-5355.

Anacostia
2100 Martin Luther King
Avenue, SE
Washington, DC 20020
Phone: (202) 645-4614
Fax: (202) 727-3527

Congress Heights
4001 South Capitol Street,
SW
Washington, DC 20032
Phone: (202) 645-4546
Fax: (202) 645-4524

H Street
645 H Street, NE
Washington, DC 20002
Phone: (202) 698-4350
Fax: (202) 724-8964

Taylor Street
1207 Taylor Street, NW
Washington, DC 20011
Phone: (202) 576-8000
Fax: (202) 576-8740

Fort Davis
3851 Alabama Avenue, SE
Washington, DC 20020
Phone: (202) 645-4500
Fax: (202) 645-6205



The offices are open Monday through Friday from 8:15 AM – 4:45 PM. Wednesday evenings, offices are open until 8 PM.

NOTE: If you cannot make it to the ESA office, you can assign someone to be your authorized representative. Your authorized representative should be someone you trust. All you need to do is to check the boxes on the SNAP application that lets someone act on your behalf. You can have that person attend the interview, file your paperwork, and/or use your EBT card for you.

If you cannot get to the ESA office because of sickness, disability or some other "good reason", you can request a phone interview. The ESA office is working to allow for more phone interviews so eventually most applicants will be able to waive the face-to-face interview.

TIP:

D.C. Hunger Solutions can help.

If you need assistance in any area of the application process you can contact us at:

(202) 640-1088 or email info@dchunger.org

SNAP/Food Stamp Application Checklist

WHAT TO BRING TO THE INTERVIEW

For the ESA office to accept your application, all you need to fill in is your name, address and signature. You can provide the rest of the documentation below at your interview.

Proof of Identity - Bring a photo ID. If you don't have a photo ID, you can bring along a friend, neighbor, or family member who can verify your name and identity.

Proof that you live in D.C. - Bring a recent rent receipt, copy of your lease, mortgage payment, or your landlord's name and phone number. Or, you can bring a signed letter from a person you live with stating that you live at that address.

Proof of Income - Bring proof of income for ALL sources of income for ALL members of the household. This may include your paystubs for the last month, letters from Social Security, VA benefits, pension, unemployment payments, child support, and/or your employer's name and phone number.

Proof of Housing Expenses - Bring recent rent or mortgage payment receipts. Bring receipts of all recent utility bill(s): phone (including cell), gas, electric, and water. Be sure that all of these documents have your address printed on them.

Income and Other Deductions - You may claim all dependent care costs (child, elderly, invalid, etc.) if necessary for work or employment training. If you are 60 years or over, or receiving Supplemental Security Income (SSI) benefits or Social Security Disability payments, bring proof of any medical or dental expenses you might have that are in excess of \$35/month.

Social Security Number (SSN) - You will need to provide the Social Security Number for everyone who you are applying for. If you do not have a card you can also bring a driver's license, pay stub, unemployment statement, or Social Security Income Award Letter, as long as it has your SSN on it.

Proof of Immigration Status - If you do not have a social security number, you must provide your Alien ID Number. You should bring the immigration and naturalization papers for yourself or whomever you are applying for. Your papers are not required if you only are applying for your children who were born in the United States.

Save Money on Groceries: SHARE

WHAT PROGRAMS CAN HELP SAVE MONEY ON GROCERIES?

The **SHARE Food Network** is a program that allows you to purchase food packages with your SNAP benefits, cash or credit card, filled with staple food items at discounted, wholesale prices. The program is open to everyone—there are no member fees or income limits.

WHAT IS THE SHARE FOOD NETWORK?

The SHARE Food Network is a wholesale food cooperative and volunteer organization. SHARE food packages cost \$20 and require 2 hours of volunteer service per month, usually helping assemble food packages.

WHAT KIND OF FOOD COMES IN A SHARE PACKAGE?

A SHARE food package is valued at \$40-\$50 and contains fruits and vegetables, meats, and staples such as potatoes, pasta, rice, beans, and more. Special packages are also available for the holidays. A typical package might include chicken wings, fish fillets, ground beef patties, sausage, potatoes, onions, rice, broccoli, carrots, apples, nectarines, and pie.

HOW TO ORDER A SHARE FOOD PACKAGE

To order a SHARE package

1. Call SHARE at 1-800-21-SHARE(74273) or (301) 864-3115. You can also visit www.SHAREDC.org or the D.C. Food Finder at www.dcfoodfinder.org and click "low cost groceries."
2. Sign up online at www.SHAREDC.org and order your package at the host site nearest you at the beginning of the month.
3. Pre-pay \$20 with Visa or Mastercard over the phone, or pre-pay at the site with cash, SNAP (with your EBT card), or money order.
4. Volunteer for 2 hours during the month at a SHARE location.
5. Pick up your package on distribution day.



Farmers' Markets & Farmers' Market Vouchers

WHAT ARE FARMERS' MARKETS?

At farmers' markets you can buy fresh fruits and vegetables right from local farmers. There are about 40 markets in D.C. Most are open between June and October. Markets often feature nutrition education, cooking demonstrations, and special events. For a list of farmers' markets around the District, visit www.dchunger.org or www.dcfoodfinder.org.

WHAT IS SO GOOD ABOUT FARMERS' MARKETS?

Benefits of farmers' markets:

- Most of the fruits and vegetables are picked that morning or the night before—and fresh produce is healthier, better-tasting, and lasts longer.
- You can shop at most markets with cash or Farmers' Market "Get Fresh" WIC or Senior coupons. Over 30 farmers' markets in the District now accept EBT/SNAP. A few of them include: Adams Morgan, Bloomingdale, Brookland, Columbia Heights, FreshFarm White House, H Street, 14th and U, Mt. Pleasant, Petworth, RFK Open Air, U.S. Department of Transportation, Ward 8 and the Wharf.
- Some markets have programs where you can double your SNAP dollars when using your EBT card. Visit www.dcfoodfinder.org for more info.

WHAT IS THE FARMERS' MARKET NUTRITION PROGRAM?

The Farmers' Market Nutrition Program gives coupons worth \$30 each year to some low-income seniors and to people who use WIC. The coupons can be used to purchase fresh fruits and vegetables at local farmers' markets from June to November. Low-income seniors participating in the Commodity Supplemental Food Program can get coupons at commodity sites. Read more about this on pages 22-23.



Meals with Friends

WHAT ARE MEALS WITH FRIENDS?

These low-cost group meals are sponsored by the D.C. Office on Aging and offered to all D.C. residents 60 or older in senior apartment buildings, senior recreation centers, churches, and other community spaces. Sites offer seniors a chance to chat, play cards, and go on trips to farmers’ markets, museums, and other local spots. Some sites provide transportation.

Meals are served 5 days a week, all year long (except on holidays).

Weekend meals are available at Washington Seniors Wellness Center. For more information on weekend meals call (202) 581-9355.

HOW MUCH DOES IT COST?

Seniors have the option to make a voluntary contribution of \$1 for the meals, but no payment is necessary.

HOW DO I PARTICIPATE IN MEALS WITH FRIENDS?

There are over 40 Meals with Friends sites across D.C. To participate, call the Lead Agency in your Ward (see page 20). The Agency can locate your nearest site and contact information for you.



Homebound Meals

There are two programs that home-deliver meals –Meals on Wheels, a nationwide, community-based, volunteer led program, and the D.C. Office on Aging (DCOA), a federally and locally funded program for D.C. residents. These meals are available for homebound seniors and people with disabilities.

	Meals on Wheels	Home Delivered Meals
What do participants receive?	Participants receive 2 meals per day, Monday - Friday, 1 hot and 1 cold.	Participants receive 10 meals every other week OR 5 hot or cold meals three times a week. Limited weekend meals are available.
Who can participate?	Seniors 60 or older who are homebound; people with disabilities who are homebound may also be eligible.	D.C. residents age 60 or older who are homebound or qualify based on need. Lead Agencies in each Ward serve a fixed number of meals.
How soon do meals start?	There is sometimes a wait list.	Prospective clients must have an assessment to begin receiving meals. Contact your Lead Agency (page 20) for details.
How much does it cost?	Between \$25-\$45/week. Scholarships may be available.	There is no cost but participants have the option to make a voluntary contribution.
How to participate?	Meals on Wheels has a limited service area in D.C. Call an agency listed below to see if they service your area.	Contact the lead Agency in your ward (see page 20). You may also call the D.C. Office on Aging at (202) 724-5626.

Meals on Wheels Locations

Parishes United
4520 12th Street, NE
Washington, DC 20017
(202) 635-8985
Service Area: parts of Northeast
D.C.; Ward 5

Upper Northwest
6100 Georgia Avenue, NW
Washington, DC 20011
(202) 723-5617
Service Area: Upper NW, Ward 4

Ward Circle - Georgetown
4101 Nebraska Avenue, NW
Washington, DC 20016
(202) 966-8111
Service Area: West of Rock Creek
Park in D.C., Georgetown Avenue,
Ward 3

DC Office on Aging Nutrition Supplement Program

WHAT IS THE NUTRITION SUPPLEMENT PROGRAM

The D.C. Office on Aging provides high calorie/high protein liquid nutritional supplements (Ensure) to eligible DCOA home delivered or congregate meal participants. Participants may receive 1-2 cases of vanilla Ensure Plus a month (24 8-oz cans per case).

HOW MUCH DOES IT COST?

There is no cost for qualified participants.

HOW TO PARTICIPATE?

To participate, contact the registered dietitian/licensed nutritionist at the appropriate Lead Agency in your ward (see page 20).

Clients who participate in this program must be assessed by a lead agency registered dietitian/licensed nutritionist and are monitored on a monthly basis by telephone or a home visit. Clients may participate in this program only if a physician, registered nurse, or registered dietitian/licensed nutritionist has determined that supplements are necessary as part of a nutrition care plan to reduce high nutritional risk or to correct a nutritional issue, such as unintentional weight loss.

Lead Agency Phone Numbers

Contact the Lead Agency (now called the **DC Aging and Disability Resource Center**) in your Ward to participate in low-cost meals at a site near you. You can also call the **D.C. Office on Aging** at 202-724-5622 to find out more about any of these programs.

Ward 1

Terrific Inc.
1222 T Street, NW
Washington, DC 20009
(202) 387-9000

Ward 2

Terrific, Inc.
1220 L Street, NW, Suite 800
Washington, DC 20036
(202) 595-1990 or
(202) 595-1993

Ward 3 (parts of Wards 2 & 4)

IONA Senior Services
4125 Albemarle Street, NW
Washington, DC 20016
(202) 895-9448

Ward 4

Terrific Inc.
418 Missouri Avenue, NW
Washington, DC 20011
(202) 882-1824

Ward 5

Seabury Aging Services
2900 Newton Street, NE
Washington, DC 20018
(202) 529-8701

Ward 6

Seabury Aging Services
1318 H Street, NE, 4th Floor
Washington, DC 20002
(202) 397-1725

Ward 7

East River Family Strengthening
Collaborative
3917 Minnesota Avenue, NE
Washington, DC 20019
(202) 534-4880

Ward 8

Family Matters of Greater
Washington
4301 9th Street, SE
Washington, DC 20032
(202) 562-6860

Note: VIDA Senior Centers offers programs dedicated to the District's senior Latino community.

VIDA Senior Centers
1842 Calvert Street, NW
Washington, DC 20009
(202) 483-5800

Wellness Centers

ARE THERE WAYS TO STAY ACTIVE TOO?

There are several Wellness Centers located in D.C. These centers provide seniors with gyms, nutrition education courses, Tai Chi, and other fitness opportunities.

Some centers may also provide other nutrition programs such as group meals and free groceries from gleaning cooperatives. Call your nearest wellness center for more information. All that's required to join is proof of D.C. residency and proof of age.

Ward 1

Ms. Bernice Elizabeth Fontenau
Senior Wellness Center
3531 Georgia Avenue, NW
Washington, DC 20011
(202) 727-0338

Ward 3

IONA Senior Services
4125 Albemarle Street, NW
Washington, DC 20016
(202) 895-9448
www.iona.org

UDC - Institute of Gerontology
BODYWISE Program
4200 Connecticut Avenue, NW
Building 32, Room 203
Washington, DC 20008
(202) 274-6651

Ward 4

Hattie Holmes
Senior Wellness Center
324 Kennedy Street, NW
Washington, DC 20011
(202) 291-6170

Ward 5

Model Cities
Senior Wellness Center
1901 Evarts Street, NE
Washington, DC 20017
(202) 635-1900

Ward 6

Hayes Senior Wellness Center
500 K Street, NE
Washington, DC 20002
(202) 727-0357

Ward 7

Washington Seniors
Wellness Center
3001 Alabama Avenue, SE
Washington, DC 20020
(202) 581-9355

Ward 8

Congress Heights
Senior Wellness Center
3500 MLK Jr. Avenue, SE
Washington, DC 20032
(202) 563-7225

Commodity Supplemental Food Program

WHAT IS THE COMMODITY SUPPLEMENTAL FOOD PROGRAM?

This program provides eligible seniors with a monthly food package. Clients must be D.C. residents, 60 years or older, and meet the income limits (see below). This program is also available to pregnant women, infants, and children under age six.

Food package items include cereal, cheese, beans or peanut butter, canned fruit and vegetables, and pasta.

HOW MUCH DOES IT COST?

There is no cost for this program.

To sign up, visit or call the Capital Area Food Bank at (202) 644-9815. After you register, you will be allowed to pick up food at a site near you. Food package can be picked up immediately after enrollment into the program. The whole process takes only about 30 minutes.

WHAT IS NEEDED TO SIGN UP FOR THE PROGRAM?

- To sign up, you should bring:
- Picture ID
 - Address verification (letter or bill)
 - Income verification (most recent pay stub, public assistance Medicaid notice, and/or social security statement)
 - Age verification (ID or birth certificate)
 - Social security number

For more information, call the D.C. Office on Aging at (202) 724-5622.

Commodity Supplemental Food Program Eligibility Guidelines		
March 2013 - February 2014		
Number of people in household	130% of Federal Poverty Level Gross Monthly Income Limits	130% of Federal Poverty Level Gross Annual Income Limits
1	\$1,265	\$14,937
2	\$1,681	\$20,163
3	\$2,116	\$25,389
4	\$2,552	\$30,615
5	\$2,987	\$35,841
6	\$3,423	\$41,067
7	\$3,858	\$46,293
8	\$4,294	\$51,519
each additional person	add \$436	add \$5,226

Senior Farmers' Market Nutrition Program

WHAT IS THE SENIOR FARMERS' MARKET NUTRITION PROGRAM?

This program gives eligible seniors \$30 in coupons to purchase fresh fruits and vegetables at farmers' markets. All seniors who can receive Commodity Supplemental Food can also receive the farmers' market coupons.

HOW MUCH DOES IT COST?

There is no cost for this program.

HOW TO PARTICI- PATE

You can receive your coupons at the site where you pick up your food package.

For more information, call the D.C. Office on Aging at (202) 724-5622.





Need food?

DC Food Finder has the answers

Use the Website to find:

- FREE and low-cost meals and groceries
- Places to apply for and use food assistance benefits
- DC Free Summer Meals sites
- Farmers' markets accepting SNAP and Get Fresh
- Community gardens
- Other food and nutrition resources in DC

www.dcfoodfinder.org

The DC Food Finder is brought to you by the Healthy Affordable Food for All Coalition, with the generous support of Social Compact.



SHARE
FOOD NETWORK
Extending Your Food Budget



Need food but don't have a computer?
Call the Hunger Lifeline at (202) 644-9807.