



**Need help
buying food?**

**Senior Resource
Guide**

Groceries

SNAP - Supplemental Nutrition Assistance Program (Food Stamps)

SNAP provides money to buy food at grocery stores and farmers' markets. The average monthly benefit for a senior living alone in D.C. is \$119. In D.C., about 140,000 people benefit from SNAP. To see if you might be eligible, contact D.C. Hunger Solutions at 202-640-1088. To apply, call the Economic Security Administration (ESA) at: 202-727-5355 or visit : <http://dhs.dc.gov/service/apply-benefits>.

CSFP - Commodity Supplemental Food Program

If you are a D.C. senior and your household meets the CSFP income guidelines, you may be eligible to receive a free monthly food package. Food package items include cereal, cheese, beans or peanut butter, canned fruit and vegetables, and pasta. To sign up, call the Capital Area Food Bank at 202-644-9880. For more information, call the D.C. Office on Aging at 202-535-1417.

SHARE

The SHARE Food Network is a wholesale food cooperative that can provide \$40-\$50 worth of food for just \$20 and 2 hours per month of volunteer work. (You can pay with SNAP/Food Stamps, cash, Visa, Mastercard, or money order). To purchase, call 1-800-21-SHARE or visit www.sharedc.org.

Free and Low-Cost Meals

Meals With Friends

Senior centers across the city offer free or low-cost, lunchtime group meals to all D.C. residents age 60 or older. Meals are served Monday-Friday, all year long (except holidays). Transportation may be available. To find the location nearest you, call the D.C. Office on Aging at 202-724-5622.

Home-Delivered Meals

The D.C. Office on Aging and Meals on Wheels offer home delivered meals to homebound seniors. To participate, call the D.C. Office on Aging at 202-724-5622. To locate a Meals on Wheels program, visit www.mowaa.org/findameal.

Other Resources

Seniors Farmers' Market Nutrition Program

This program gives eligible seniors \$25 in coupons to purchase fresh fruits and vegetables at farmers' markets from June to November. All seniors who participate in the Commodity Supplemental Food Program can also receive the farmers' market coupon. You can get your coupons at the site where you pick up your food package. For more information, call the D.C. Office on Aging Senior Farmers' Market Nutrition Program at 202-535-1417.

D.C. Food Finder

To find free and low-cost meals, groceries, farmers' markets, and other food resources close to you, visit the D.C. Food Finder at www.dcfoodfinder.org or call the Capital Area Food Bank Hunger Lifeline at 202-644-9807.



D.C. Hunger Solutions

Ending hunger in the nation's capital

**For more information and help applying,
please contact D.C. Hunger Solutions at
202-640-1088 or visit www.dchunger.org.**