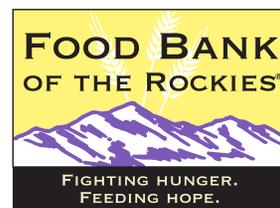


If you or someone you care about is 60 or older, this **free food resource** could provide nourishment and lower grocery bills!

Through the Commodity Supplemental Food Program (CSFP) Food Bank of the Rockies and many of our partners distribute this free monthly food box to qualified seniors.



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How can seniors sign up?

1. Be 60 or older
2. Meet the income guidelines below
3. Reside in Colorado

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What's in a box?

It varies each month and contains:

- ◇ Canned vegetables and fruits
- ◇ Peanut butter or dry beans
- ◇ Boxed cereal
- ◇ Pasta or rice
- ◇ Canned meats or fish
- ◇ Fruit or vegetable juice
- ◇ Nonfat and/or shelf stable milk
- ◇ 2 lbs of cheese

Income Qualifications

People in Household	Maximum Monthly Income
1	\$1,316
2	\$1,784
3	\$2,252
4	\$2,720
Each additional person	+\$468

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