



Free Food for Seniors

Are you 60 or older? Find out if you qualify for a box of free groceries each month.

CALL TEXT

866-844-3663

EMAIL

carecenter@2harvest.org

MONDAY-FRIDAY | 8 A.M.-4:30 P.M.

ENGLISH | SPANISH | SOMALI | HMONG

HOW DO I KNOW IF I QUALIFY?

The Commodity Supplemental Food Program (CSFP) gives seniors a free box of food each month. **You could qualify if you are 60 or older, live in Minnesota, and make the same or less than:**

Household size	Household income Monthly, before taxes
1 person	\$1,995
2 people	\$2,705
3 people	\$3,415
4 people	\$4,125
For each extra person add +\$710	

Even if you make more, you might still qualify.

For example, you qualify if you already get Supplemental Security Income (SSI). We can help you figure it out based on your situation.

HOW DO I APPLY?

Call, text, or email us! We will ask for your name, birth date, address, income, and how many people live with you. When you pick up your first box, please bring a photo ID and a piece of mail that shows your address.

WHAT FOOD COMES IN THE BOX?

It can be different each month.

Common foods are:

- Beans, peanut butter, or lentils
- Canned meat or fish
- Cereal, oats, rice, or pasta
- Cheese
- Juice
- Milk (shelf-stable or powdered)

WHERE DO I PICK IT UP?

You can pick up your food at more than **220 places around the state**. We will help you find the closest one.