Senior Box Program

The Senior Box Program manages the Commodity Supplemental Food Program (CSFP) - a federally-funded national food distribution effort that provides a monthly box of food to low income seniors to improve the health, nutrition, and well-being of their lives.

Who is eligible to apply?

The Senior Box program is currently serving over 10,000 seniors each month. To apply, you must be 60 years old or older, receiving a total household income that is at or below the 130% Federal Poverty Level.

Eligible counties include Harris, Fort Bend, Chambers, Brazoria, Austin, and Waller. In addition, currently working the Montgomery, Galveston, and Trinity River Food Banks to assist with servicing their areas.

Where can I apply?

Apply at any one of our 160+ sites. If you are unable to come in person to apply, you may send a representative with the necessary documentation listed below.

Call 832-369-9390 for the location nearest to you or go to houstonfoodbank.org for locations and dates.

What do I need to bring to apply?

Proof of ID, such as:

- Driver’s License, Military ID, Veteran ID, Health Card, Identification Card
- Birth Certificate, Baptismal Certificate
- Passport, Refugee Visa

Applicants will be asked to provide age, income, and residency information. Proof is not required.

What will I receive?

One box of food per month with an average retail value of $50, which includes the following commodities provided through the U.S. Department of Agriculture:

- Bottled fruit juice and 2% milk
- Protein (e.g., non-perishable chicken, salmon, tuna chili, stew)
- Non-perishable vegetables/fruit
- Bag of dried beans or jar of peanut butter
- Pasta
- Two-pound block of cheese
- Non-fat dry milk
- Hot or cold cereal
- Bottled fruit juice and 2% milk

Visit www.houstonfoodbank.org for more information.

A gift of $1 provides 3 meals for a hungry child, senior, or adult.