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?**

**Residents** of Harris, Montgomery, Galveston, Brazoria, Waller, Walker, Chambers, Liberty, Austin, and Fort Bend counties who are **60 years of age or older** and with **household income** within the following guidelines:

- The total monthly household income for a **household of 1** must be **no more than $1,473**
- The total monthly household income for a **household of 2** must be **no more than $1,984**

**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](http://houstonfoodbank.org) for locations and dates.

**Last year, each month, more than 11,000 seniors received food from Senior Box.**

**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](http://www.houstonfoodbank.org) for more information.

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