### 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 $1,580
- The total monthly household income for a household of 2 must be no more than $2,137

### 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

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.