

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, Trinity River 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 \$1,729**
- The total monthly household income for a **household of 2** must be **no more than \$2,345**
- The total monthly household income for a **household of 3** must be **no more than \$2,960**

Where can I apply?

Apply at any one of our **83 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.

Last year, each month, 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



Hot or cold cereal



Pasta



Two-pound
block of cheese



Non-fat dry milk