

Seniors (Age 60+): Find Food Support Near You!



Nutrition needs change as we age



Nutrient needs increase, and the ability to absorb nutrients decreases



Energy needs decrease



Chronic conditions and medicines impact needs

Check out these programs available to improve your nutrient health!

Scan the QR codes below to learn more about how to apply and eligibility requirements



Monthly Food Box

The Commodity Supplemental Food Plan (CSFP) **provides free monthly food packages** for low-income people who are at least 60 years old in need of food.



Food Products

The Emergency Food Assistance Program (TEFAP) provides food at **no cost** through local food banks and pantries.



Money for Food

The Supplemental Nutrition Assistance Program (SNAP) helps eligible households buy **healthy foods** at groceries through a **monthly benefit** on a card.



Have questions? Connect with your local JFS Agency at 1-866-244-0071.



Farmers' Market Food

The Senior Farmers' Market Nutrition Program (SFMNP) offers a benefit to use at **local farmers markets** and roadside stands. You can buy fresh fruits, vegetable, herbs, and honey!



Home-Delivered Meals

Brings **nutritious meals right to your door** if you're unable to shop or cook on your own.



Congregate Meals Program

Offers **nutritious meals in group settings** like senior centers and community locations.



Have questions? Connect with your local Area Agency on Aging at 1-866-243-5678.

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[Click here to learn more about CSFP](#)



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