

# Stretch your Budget & Eat Healthier!

## Programs for Seniors



### SNAP (Food Stamp) Hotline: 215-430-0556

The Coalition Against Hunger can help over the phone with SNAP (Food Stamps) applications or problems. *Free, convenient, and confidential.*

To find food pantries near you, and learn about other food programs, call us or visit:  
**[www.phillyfoodfinder.org](http://www.phillyfoodfinder.org)**



### **FREE FOOD FOR SENIORS** *(please see requirements for each program)*

**Philadelphia Corporation for the Aging:** Serves meals at senior centers across Philadelphia. Delivers free meals to income-eligible seniors. Gives out farmers' market vouchers each summer. 215-765-9040, [www.pcacares.org](http://www.pcacares.org)

**Senior Boxes (Commodity Supplemental Food Program):** Income-eligible adults 60+ can pick up a free box of food each month. For locations contact the SHARE Food Program 215-223-2220 or the WhyHunger Hotline 800-548-6479.

**Jewish Relief Agency (JRA):** Delivers free boxes of kosher food once a month to residents of eligible zip codes in Philadelphia and surrounding counties, regardless of religious affiliation. 610-660-9572, [www.jewishrelief.org](http://www.jewishrelief.org)

**Aid For Friends:** Delivers free meals to isolated, homebound seniors. 215-464-2224, [www.aidforfriends.org](http://www.aidforfriends.org)

**MANNA:** Delivers free meals to people at nutritional risk due to chronic or life-threatening illnesses. 215-496-2662, [www.mannapa.org](http://www.mannapa.org)



### **MEALS ON WHEELS PROGRAMS** Deliver meals to seniors for a fee.

- **Chestnut Hill:** Delivers meals to Germantown, Chestnut Hill, parts of Springfield Township. 215-233-5555
- **Klein JCC:** Delivers kosher meals to Northeast Philadelphia, Eastern Montgomery County, Lower Bucks County, Center City & South Philadelphia. Accepts SNAP. 215-698-7300 x110
- **Homelink Inc.:** Delivers meals to Northeast, South, West & North Philadelphia. 267-682-1026
- **21st Ward:** Delivers meals to Roxborough, Manayunk & Wissahickon. 215-482-0249

*(MORE PROGRAMS ON BACK)*



# FOOD RESOURCES FOR SENIORS IN PHILADELPHIA



## FREE PRODUCE PROGRAMS



### **Farmers' Market Nutrition Program (June-November):**

Eligible seniors can receive \$20 in vouchers to buy local fruits and vegetables at farmers' markets and produce stands. Checks are distributed each summer and must be used by Nov. 30. Contact Philadelphia Corporation for Aging: 215-765-9040.

**Fresh for All:** Philabundance offers free produce year-round, weather permitting. Bring bags. [www.philabundance.org](http://www.philabundance.org)  
Schedule and locations include:

- *Wednesday 12:30-1:30pm, Lillian Marrero Library  
601 W. Lehigh Avenue, 19133 (North Philadelphia)*
- *Thursday 10:00-11:00am, Einstein Medical Center  
Tabor & Park Avenue, 19141 (Logan/Olney)*
- *Thursday 10:30-11:30am, Salvation Army  
5830 Rising Sun Avenue, 19120 (Lawncrest)*
- *Friday 1:30pm-2:30pm, under the 95 overpass at  
Front & Tasker streets, 19147 (South Philly)*



## SAVE ON FARM FRESH FRUITS, VEGETABLES & MORE

**SHARE Food Program:** Get \$50 in groceries for \$20 plus 2 hours of community service. Seasonal farmstand, fresh produce packages and bulk groceries also available. Accepts SNAP (food stamps) and farmers' market vouchers. 215-223-2220, [www.sharefoodprogram.org](http://www.sharefoodprogram.org)

**Farm to Families:** Buy a box of farm-fresh produce worth \$20-\$30 for just \$10-\$15. Eggs, meat and fish also sold. Order one week in advance, year-round. Pay with cash, SNAP or credit card. Order and pick up from 8 locations in Philadelphia or Bucks County. Contact St. Christopher's Foundation at 215-568-1126  
<http://scfchildren.org/farm-to-families-initiative>

**Philly Food Bucks (May-November):** Spend \$5 in SNAP at your farmers' market, and get a \$2 Philly Food Bucks coupon to buy more produce. Most markets open May/June through October/November. For a list of markets and schedules, call 311 or visit [www.thefoodtrust.org/farmers-markets](http://www.thefoodtrust.org/farmers-markets)

## **5 SNAP FACTS**

1. SNAP is now the name for food stamps, which come on an ACCESS Card that works like a debit/ATM card.
2. Use SNAP to buy food, seeds and food-bearing plants at grocery stores, corner stores, and farmers' markets.
3. The current range for SNAP benefits for one person is \$16-194 per month.
4. SNAP income guidelines change each October.
5. You can apply for SNAP over the phone, and seniors may be eligible to use a 2-page application that approves benefits for 3 years. Call 215-430-0556 to see if you qualify.



**GREATER PHILADELPHIA COALITION AGAINST HUNGER | 215-430-0556**  
**[WWW.HUNGERCOALITION.ORG](http://WWW.HUNGERCOALITION.ORG)**

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