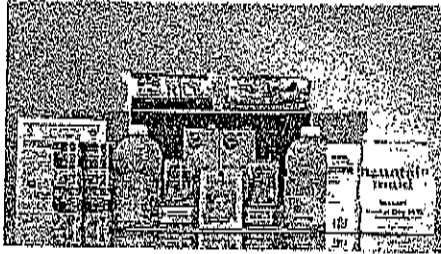


Commodity Supplemental Food Program (CSFP)

(Residents of Perquimans County Only)

About CSFP:

CSFP is a monthly food program through the



United States Department of Agriculture that targets senior citizens age 60 and over with household income at or below 130% of the federal poverty level.

Next distribution
 Aug 18th
 10-1pm
 Recreation Center

Requirements to Qualify:

- Age 60 or older
- Resident of Perquimans County
- Provide proof of identity and residency (Photo ID or NC Medicaid Card)
- Have income equal to or less than 130% of the federal poverty level (see income guidelines below)

CSFP Income Guidelines:

(Income is self-declared and based on gross amount)

Number of Household Members	Total Gross Annual Income	Total Gross Monthly Income	Total Gross Weekly Income
1	\$15,678	\$1,307	\$302
2	\$21,112	\$1,760	\$406
3	\$26,546	\$2,213	\$511
4	\$31,980	\$2,665	\$615
5	\$37,414	\$3,118	\$720
6	\$42,848	\$3,571	\$824
7	\$48,282	\$4,024	\$929
8	\$53,716	\$4,477	\$1,033
For each additional family member, add	+\$5,434	+\$453	+\$105

Hertford, NC

NOTE: If applicants are determined eligible, food boxes will be distributed beginning middle to late June and each month thereafter. (dates, times, and locations of distribution are still being determined)

For more information contact:
 Dawn Blowe, CSFP Coordinator
 (252) 312-6213

More Information on Back

Monthly Food Box Contains:

- 4 (15-16 oz cans) vegetables
- 2 (15-16 oz cans) fruits
- 2 (32 oz) cartons of shelf-stable milk
- 1 (25.6 oz package) instant nonfat dry milk (every other month)
- 2 (64 oz) bottles of juice
- 2 (12-18 oz) boxes of ready to eat cereal *or* 1-2 (14 oz) box of farina *or* 1 (3 lb) package of rolled oats
- 1 (24 oz can) beef *or* beef stew *or* 1 (24 oz can) chili *or* 2 (10-15 oz cans or pouches) chicken *or* 2 (12 oz cans) tuna *or* 2 (14.75 oz cans) salmon
- 1 (18 oz) peanut butter *or* 1 (2 lb package) dry beans/peas
- 1 (1 lb package) dehydrated potatoes *or* 2 (1 lb packages) pasta *or* 1 (2 lb package) rice
- 1 (2 lb package) cheese



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