



D.C SENIOR FOOD RESOURCES

Program	Benefits	Eligibility	Contact
Supplemental Nutrition Assistance Program (SNAP)	Monthly funds that can be used to buy most foods at grocery stores and markets. Average monthly benefit for a senior living alone is \$122/month.	Low income individuals and households (monthly income below 130% of the Federal poverty level). Households with seniors or persons with disabilities may be eligible even if income is above the guidelines.	To submit an application: ESA For screening and application assistance: D.C. Hunger Solutions
Grocery Plus / Commodity Supplemental Food Program (CSFP)	Provides 30-40 pounds of healthy groceries per month. Also provides nutrition education.	Low income seniors aged 60 or over (monthly income below 130% of the Federal poverty level.)	DCOA or CAFB
Senior Farmers' Market Nutrition Program (SFMNP)	Recipients are entitled to receive five valued at \$5 each, for a total of \$35. Checks are issued from May 1-Sept. 30, and can be used to redeem fresh fruits and vegetables from area farmers' markets between May 1 and Nov. 30.	Seniors aged 60 or over who receive Grocery Plus/CSFP benefits.	DCOA
Group Meals/Meals with Friends	Nutritious lunchtime meals served daily at meal centers throughout the District. Weekend meals available at select centers. Cultural centers also offer Hispanic and pan-Asian cuisine; kosher meals; and Halal meals.	Seniors aged 60 or over. Individuals under 60 may be eligible if they are the spouse of an older adult or an individual with disabilities.	ARDC or DCOA – organized by ward



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Home Delivered Meals	Delivers healthy meals to seniors who are homebound, frail, or isolated, and unable to shop and/or prepare food for themselves.	Homebound adults aged 60 or over. Individuals under 60 may be eligible if they are the spouse of a homebound older adult, or an individual with disabilities who resides with a homebound older adult.	ARDC or DCOA – organized by ward
Produce Plus	Provides \$10 check per week at local farmers' markets to purchase fresh fruits, vegetables, and herbs. Program runs June 1- November 30.	DC residents who receive any of the following benefits: SNAP; WIC; Medicaid; QMB; TANF; SSID; or Grocery Plus/SFMNP.	D.C. Greens or D.C. Hunger Solutions
SHARE Food Network	Offers grocery packages at a 50% discount for a base price of \$20. Customers are asked to donate two volunteer hours per month.	Any D.C. resident in need of the extra assistance. No income or eligibility requirements.	SHARE Food Network

Resources

Capital Area Foodbank (CAFB)	202-644-9800; https://www.capitalareafoodbank.org/programs/seniors/
D.C. Aging and Disability Resource Center (ADRC)	202-724-5626; http://dcoa.dc.gov/service/dc-aging-and-disability-resource-centers
D.C. Greens	202-601-9200; http://dcgreens.org/produceplus/
D.C. Hunger Solutions	202-640-1088; http://www.dchunger.org/projects/senior_hunger.htm
D.C. Office on Aging (DCOA)	202-724-5622; http://dcoa.dc.gov/page/food-meals-and-nutrition
Economic Security Administration (ESA)	202-727-5355; http://dhs.dc.gov/service/supplemental-nutrition-assistance-snap
SHARE Food Network	301-864-3115; https://www.catholiccharitiesdc.org/share