

What is the Senior Food Program?

The Senior Food Program is a USDA program which works to improve the health of low-income seniors 60 years of age and older by supplementing their diets with nutritious foods. The Food Bank packs and distributes 35-pound food boxes at more than 50 locations throughout San Diego County. Boxes contain canned and packaged food including vegetables, fruit juice, pasta, milk, cereal, canned meat and non-meat protein.

How to apply:

To be eligible, applicants must be at least 60 years old, a resident of San Diego County, and meet the federal income guidelines* listed below.

Household Size	Gross Monthly Income	Gross Annual Income
1	\$1,396	\$16,744
2	\$1,888	\$22,646
3	\$2,379	\$28,548
4	\$2,871	\$34,450
Additional Member	\$492	\$5,902

Income guidelines are provided by the USDA and were last updated 03/15/21.



Sample box

What you need to apply:

- Valid I.D. with Date of Birth (driver's license, passport, etc.)
- Proof of address (Utility, water Or telephone bill, rent receipt or rental agreement)
(P.O. Box is not valid)



For further information or to sign up for either or both programs, contact the Warner Springs Community Resource Center 760-782-0670 or WarnerResourceCenter@gmail.com

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