



Sample of NAPS box items — specific items vary each month.

# FREE FOOD FOR SENIORS

Through the Nutrition Assistance Program for Seniors (NAPS) and the Commodity Supplemental Food Program (CSFP)

## FREE nutritious food for seniors 60+

### Who is eligible?

- Adults 60 years and older
- Determined by household size and gross income

### Easy to Enroll

Call Second Harvest Heartland™  
 Metro Area: 651-484-8241  
 Toll Free: 1-800-365-0270

| Household Size         | Gross Monthly Income |
|------------------------|----------------------|
| 1                      | \$1,473              |
| 2                      | \$1,984              |
| 3                      | \$2,495              |
| 4                      | \$3,007              |
| 5                      | \$3,518              |
| 6                      | \$4,029              |
| 7                      | \$4,541              |
| 8                      | \$5,052              |
| Each Additional Member | +\$512               |

