



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

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



2harvest.org/csfp

This institution is an equal opportunity provider.

Easy to Enroll - Call Second Harvest Heartland

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270

Second Harvest Heartland - NAPS
 Metro: 651-484-8241
 Toll Free: 1-800-365-0270