



NEED HELP PAYING FOR FOOD?

If you meet the guidelines below, we can help you apply for
Food Stamps (SNAP) benefits.

<i>Household Size</i>	<i>Gross Monthly Income</i>	<i>Gross Monthly Income for Household with Person(s) 60 and Older or Disabled.</i>
1	\$1,702	\$2,128
2	\$2,299	\$2,874
3	\$2,896	\$3,620
4	\$3,494	\$4,368
<i>each additional member</i>	<i>+\$598</i>	<i>+\$748</i>

Call or text **APPLY** to our toll-free Food Stamps Helpline today to apply for benefits or find additional food assistance.

877.999.5964

(Se habla español)

**This organization is an equal opportunity provider. Guidelines effective through September 30, 2021.*



The Central Pennsylvania Food Bank is committed to providing access to nutritious food for everyone struggling with hunger in each of the 27 counties we serve.

www.centralpafoodbank.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) **mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) **fax:** (202) 690-7442; or

(3) **email:** program.intake@usda.gov.

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To order new or additional fliers, please contact Laura Goddard, SNAP Outreach & Operations Coordinator, at the Central Pennsylvania Food Bank, at lgoddard@centralpafoodbank.org or 717.831.6934.



**¿NECESITA AYUDA
PARA PAGAR POR
COMIDA?**

Si usted cumple con la siguiente guía, le ayudaremos a solicitar por beneficios de Cupones para Alimentos (SNAP) por teléfono.

<i>Miembros en el hogar</i>	<i>Ingreso mensual bruto</i>	<i>Gross Monthly Income for Household with Person(s) 60 and Older or Disabled.</i>
1	\$1,702	\$2,128
2	\$2,299	\$2,874
3	\$2,896	\$3,620
4	\$3,494	\$4,368
<i>each additional member</i>	<i>+ \$598</i>	<i>+ \$748</i>

Llame o envíe un mensaje de texto con APLICAR nuestra línea de ayuda gratuita de cupones para alimentos solicitar beneficios u obtener asistencia alimentaria adicional.

877.999.5964
(Se habla español)

**Esta institución es un proveedor que ofrece igualdad de oportunidades. Guías efectivas hasta el 30 de Septiembre, del 2021.*



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