



# 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	\$1,619	\$2,023
2	\$2,195	\$2,743
3	\$2,771	\$2,771
4	\$3,347	\$3,347
<i>each additional member</i>	<i>+\$576</i>	<i>+\$576</i>

**Call our toll-free Food Stamps Helpline today to apply for benefits.**

# 877.999.5964

*(Se habla español)*

\*This organization is an equal opportunity provider. Guidelines effective through September 30, 2019.



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](http://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](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

To order new or additional fliers, please contact Tara Davis, SNAP outreach manager at the Central Pennsylvania Food Bank, at [tdavis@centralpafoodbank.org](mailto:tdavis@centralpafoodbank.org) or 717.724.3186.