



SAVE AT LEAST \$180 A YEAR ON GROCERIES!



SNAP benefits are now quick and easy to apply for!

- Requires few or no verifications
- Up to 3 year certification period
- Shelter & medical expenses can be deducted

Household Size

Gross Monthly Income for Household with Person(s) 60 and Older or Disabled.

1	\$2,023
2	\$2,743

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

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

877.999.5964

(Se habla español)



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

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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 Tara Davis, SNAP outreach manager at the Central Pennsylvania Food Bank, at tdavis@centralpafoodbank.org or 717.724.3186.