Many students are utilizing the nutrition assistance program, **Food Stamps (SNAP)**, to make sure they are getting enough food to learn and to reach their educational goals. If your gross monthly income is less than $1,666 in a single person household, then you may be eligible for benefits, which could provide up to **$192 a month to buy food at grocery stores**.

**You could be eligible for SNAP/Food Stamps...**

If your meal plan provides less than half your meals or you don’t have one **AND**

- If you participate in work study....
- If you work at least 20 hours a week...
- If you are 50 or older....
- If you care for a child under 12 years old...

**No more ifs! Call our toll-free Food Stamp Helpline today.**

877.999.5964 *(Se habla español)*

Even if you are not eligible for Food Stamps, we can help you find a food pantry in your area. For more information, call us at **717.564.1700** or visit us online at [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, 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.

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 or 717.724.3186.