



STRETCH YOUR FOOD BUDGET



Many students are using the **Supplemental Nutrition Assistance Program (SNAP/Food Stamps)** to make sure they're getting enough food to learn and reach their educational goals.

Household Size	Gross Monthly Income
1	\$2,430
2	\$3,288
each additional member	+ \$858

**Guidelines effective 10/1/2023 – 9/30/2024.*

Call or text **APPLY** to

877.999.5964

Assistance available in over 240 languages.

SCAN ME

**This organization is an equal opportunity provider.*



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 Manager,
at the Central Pennsylvania Food Bank, at lgoddard@centralpafoodbank.org or 717.547.6335.