



# Food and Nutrition Resources in Pennsylvania: *A Reference Guide*

*October 2011*



Celebrating over 33 years as the statewide leader in anti-hunger advocacy, the Pennsylvania Hunger Action Center works every day for the day when all Pennsylvanians will have access to enough nutritious food for an active and healthy life. In addition to federal and state advocacy around food and nutrition programs, Hunger Action provides Supplemental Nutrition Assistance Program (Food Stamp) outreach to low-income individuals and families, as well as School Breakfast/Summer Feeding outreach to connect low-income children to subsidized meal programs.






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## The Supplemental Nutrition Assistance Program (formerly the Food Stamp Program)

The Supplemental Nutrition Assistance Program (SNAP) is the foundation of the public food security effort. It provides grocery debit cards to households whose net incomes—after various deductions—are near or below the poverty line. In 2010-11 monthly participation averaged over 1.7 million Pennsylvanians per month—an increase of over 126% in the last 10 years. The program is built on a concept called the Thrifty Food Plan (last updated in 2006), which calculates the thriftiest food budget for a household to maintain a healthy and nutritious diet. The program further assumes that 30% of a household's net income is available to purchase food. Thus, it provides the difference between the cost of the Thrifty Food Plan and 30% of net household income. The value of the average September 2011 benefit amount issued per person in PA was \$126.46 per month (\$4.22 a day).

About 41% of PA food stamp participants are children, and the program contributes significantly to their health. The frequency of iron deficiency, the most common nutritional deficiency in the United States, drops among families that participate, as do deficiencies of calcium, magnesium, Vitamin B12 and zinc. The program makes a significant economic impact in every PA community; each dollar in food stamps results in \$1.79 in local economic activity. During the past federal fiscal year over \$2.3 billion in groceries were purchased with program funds in PA. According to the USDA, \$1 billion in retail purchases generates an additional \$225 million in farm production and \$73.4 million in farm value-added sales.

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|  <p>Who can provide the service?</p>    | <p>The PA Department of Public Welfare (DPW) administers SNAP (formerly the Food Stamp Program) statewide. Locally, County Assistance Offices handle daily operations, which include eligibility determination and issuance of benefits.</p>   |
|  <p>How is it financed?</p>             | <p>The program is funded by the federal government and administered by the PA Department of Public Welfare. The state pays half of the administrative costs.</p>   |
|  <p>Who can receive this service?</p> | <p>Eligibility depends on the income of the household. Households that do not have a member who is 60 years of age or older or who is disabled must have <u>gross</u> incomes below <b>160%</b> of poverty. Program benefits are based on <u>net</u> income. A variety of deductions are allowed, including a standard deduction based on household size, 20% of earned income, child care costs, some shelter costs, the costs of paying child support, and—for seniors and disabled members—the costs of medical care that exceed \$35 a month.</p> <p>To illustrate the impact of such deductions, here are two examples. A single mother of two, who works 40 hours a week at \$8/hour, has childcare costs of \$50/week, pays \$650/month in rent and pays for heating, would be eligible for about \$460/month in food stamp benefits. An elderly couple who collectively receive \$1500/month in social security benefits, have medical expenses of nearly \$200/month, pay homeowners insurance and property taxes, as well as heating, would be eligible for about \$53/month in benefits.</p> <p>Most one and two-person households with gross incomes below 160% (200% for elderly/disabled households) are eligible for the minimum benefit of \$16/month.</p> |
|  <p>What is provided?</p>             | <p>Each head-of-household receives a debit card, a private I.D. number, and an electronic account. The account is credited monthly with the benefit amount. The debit card can be used to pay for groceries at any store that accepts them.</p>  |
|  <p>Contact</p>                       | <p>To apply, contact your local county assistance office. The PA Hunger Action Center offers a statewide toll-free line for callers who want to find out if they are eligible for benefits and who are interested in applying for the program over the phone. <b>1-800-634-2033</b> (Note: callers from regions of the state where there is an agency with a local-presence will be referred to those agencies.)</p>   |
|  <p>Suggestions for advocacy</p>      | <p>If you believe you have been unfairly or inaccurately denied for SNAP benefits, you have the right to appeal. Contact your local legal services agency right away; the number will be in the Blue Pages of the phonebook.</p> <p>SNAP, along with WIC, school meals, summer food, afterschool snacks and meals, and child care food, make up our nation's nutrition safety net and must be protected during the Super Committee's works to produce \$1.5 trillion in entitlement cuts and any and all following efforts to reduce the deficit through cuts to programs for the most vulnerable Americans. SNAP eligibility criteria and benefit levels are also being evaluated as part of the 2012 Farm Bill. Visit <a href="http://www.pahunger.org">www.pahunger.org</a> for related advocacy opportunities.</p>   |

## The Supplemental Food Program for Women, Infants and Children (WIC) The PA Farmers' Market Nutrition Program (FMNP)

WIC began in 1974 in response to an appeal from medical doctors with patients who suffered from ailments that could best be treated by food. Since its origins, WIC's effectiveness as a health program has been demonstrated repeatedly:

- a substantial reduction in the incidence of low-weight babies and infant mortality;
- a substantial reduction in the incidence of iron deficiency anemia among children;
- improved vocabularies and digit memory scores among four and five-year-olds;
- higher rates of childhood immunizations; and
- savings in the Medical Assistance Program of \$3 for each WIC dollar spent.





From June 1 to September 30, FMNP provides WIC participants and eligible seniors with checks to purchase fresh fruits and vegetables at farmers' markets (the checks can be used through November 30 each year). The program is designed to promote both healthy eating and Pennsylvania agriculture.

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|  <p>Who can provide the service?</p>   | <p>There are 24 agencies in PA that contract with the PA Department of Health to provide WIC. These agencies staff 292 clinics across the state. These clinics also provide FMNP coupons to eligible women and 2, 3 and 4-year-old children.</p> <p>FMNP coupons for Seniors are available through senior centers in all counties of PA. The program is administered locally through the Area Agency on Aging.</p>  |
|  <p>How is it financed?</p>            | <p>WIC is funded by the federal government (PA received \$217 million in 2010-11) and is administered by the PA Department of Health. At present, no state dollars are involved.</p> <p>FMNP is jointly funded by PA (\$2 million this year) and the federal government (approximately \$3.6 million this year), and is administered by the PA Department of Agriculture.</p>   |
|  <p>Who can receive this service?</p> | <p>Pregnant women, breastfeeding women up to 12 months postpartum, non-breastfeeding women up to six months postpartum, and children under five years of age who are determined by a health professional to be at medical or nutritional risk and whose household incomes are below 185% of poverty. Foster children, MA, TANF, and SNAP clients are also eligible, but income documentation is required.</p> <p>Seniors 60 and older are eligible for FMNP coupons if their annual income is below 185% of poverty.</p>  |
|  <p>What is provided?</p>            | <p>WIC provides nutrition education and counseling, breastfeeding information and support, referrals to health care and community services, and checks for the purchase of healthy foods, including: milk (or soy alternatives); peanut butter; eggs; dried or canned beans/peas; cereal; whole grains (whole wheat bread or rolls, whole grain bread or rolls, brown rice, oats, or soft whole wheat or corn tortillas); infant formula; baby food fruits, vegetables, and meats; and canned fish. A Cash Value Voucher (not to be confused with FMNP checks described below) is provided for fresh, frozen or canned fruits and vegetables.</p> <p>June through September, pregnant, postpartum, and breastfeeding women receive an additional \$20 in FMNP vouchers for the purchase of fresh fruits and vegetables at local farmers' markets. Children ages 2, 3 and 4, and eligible seniors also receive \$20 in vouchers.</p> |
|  <p>Contact</p>                      | <p>The PA WIC program can be contacted at <a href="tel:18009429467">1-800 WIC WINS (1-800-942-9467)</a> for WIC-related questions. For policy-related questions, please contact the Department of Health at 717-783-1289.</p> <p>For FMNP-related questions, please contact PA Department of Agriculture at 717-772-2693.</p>   |
|  <p>Suggestions for advocacy</p>     | <p>State funding for the FMNP has declined since the 2006-07 budget when it was funded at \$3 million. Tell your state representatives to restore this valuable funding.</p> <p>WIC, along with SNAP, school meals, summer food, afterschool snacks and meals, and child care food, make up our nation's nutrition safety net and must be protected during the Super Committee's works to produce \$1.5 trillion in entitlement cuts and any and all following efforts to reduce the deficit through cuts to programs for the most vulnerable Americans. Visit <a href="http://www.pahunger.org">www.pahunger.org</a> for related advocacy opportunities.</p>   |

## The Emergency Food Assistance Program (TEFAP) and The State Food Purchase Program (SFPP)

Government distribution of surplus commodities (especially cheese) began in 1981. In 1988 Congress expanded the program and required the USDA to purchase additional commodities for low-income households and local emergency feeding organizations. TEFAP is USDA-purchased high quality food, consisting of canned fruits, juices, beef and pork, and dry pasta to name just a few things. It is stored in four distribution centers across the state, ready for counties to accept delivery. The counties then distribute the product to food pantries and soup kitchens.



The SFPP is a state-funded program to augment the foods available for distribution within the charitable food network. It was created during the economic recession of the early 1980s as a complement to the federally funded TEFAP program. SFPP provides grants to be used by county governments or their designated "lead agencies" to purchase, process, repackage, transport or store food products, and to distribute that food to soup kitchens, food pantries, homeless shelters, and other charitable food programs.

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|  <p>Who can provide the service?</p>    | <p>Churches, community groups, civic groups, and other non-profit organizations can distribute these foods. Interested programs should call the "lead agency" in their county and ask how to begin receiving these commodities. To obtain the name of the lead agency in your county, call the PA Department of Agriculture at 717-787-2940 or call the PA Hunger Action Center at 717-525-9807.</p>  |
|  <p>How is it financed?</p>             | <p>The SFPP is a line item in the state budget for \$17.338 million; the money is distributed to the counties. TEFAP food comes to PA from the U.S. Department of Agriculture via an annual Congressional appropriation. About \$7.5 million in food was purchased in 2010-11. Additional "bonus commodities" are made available to PA by the USDA from time to time through purchases it makes to support commodity prices. The value of bonus commodities coming to PA was \$13.3 million in 2010-11.</p> |
|  <p>Who can receive this service?</p> | <p>In Pennsylvania, recipients must be at or below 150% of poverty to receive TEFAP and SFPP food. Over 300,000 households receive food assistance from either SFPP or TEFAP each quarter.</p>  |
|  <p>What is provided?</p>             | <p>A variety of nutritious foods including meat, poultry, dairy, vegetables, fruits, and grains are part of this program. Products include perishable, non-perishable, and frozen goods. Pantries distribute foods by the bag (a few days' supply) at weekly distributions, or in boxes for less frequent distributions.</p>  |
|  <p>Contact</p>                       | <p>To inquire about the SFPP or the TEFAP lead agency in your county, call the PA Department of Agriculture at 717-787-2940 or the PA Hunger Action Center at 717-525-9807.</p> <p>Local charitable food programs that serve people up to and including 150% of poverty are chosen by the county's lead agency. To identify the charitable food programs in your area, call the Community Action Agency in your county; the number can be found in the Blue Pages of the phonebook.</p>                     |
|  <p>Suggestions for advocacy</p>      | <p>Let your state representatives know how much SFPP and your federal representatives how much TEFAP are needed and that funding levels need to be increased so that they can meet rising demand and food costs.</p>  |

## The School Lunch/School Breakfast Programs

The National School Lunch Program (NSLP) was created 65 years ago by Congress "as a measure of national security, to safeguard the health and well-being of the nation's children". It began after the government noted nutritional deficiencies in the men who responded to the draft and was enacted so that all children could have at least one healthful meal per day. The School Breakfast Program (SBP) began in 1966 as a pilot program in recognition of the relationship between food, good nutrition, and children's ability to develop and learn. The SBP reaches needy children; over 77% of children eating school breakfast are low income. It raises the nutrition level of children, providing 1/4 or more of a child's daily required key nutrients.

Hungry children are more susceptible to illness, are more likely to experience anxiety or depression, and have more disciplinary problems in school, according to a Kleinman and Murphy study published in *Pediatrics* in 1998. Children who have nourishing meals have the best chance for learning and success in school. Each school day an estimated 555,712 free and reduced price lunches, 532,057 full price lunches, 229,173 free and reduced price breakfasts and 68,166 full price breakfasts are served to PA students.

| <br>Who can provide the service?   | The National School Lunch and the School Breakfast Programs are entitlement programs. All public and nonprofit private schools and Residential Child Care Institutions can participate in these programs.   |                        |                      |                  |                  |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
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| <br>How is it financed?            | The federal government guarantees funding for all participating students. During 2010-11, PA received nearly \$368 million in federal funds for the two programs. Even full price meals received a small federal subsidy. PA invests nearly \$33 million annually in school breakfast and lunch. Federal and state government reimburse schools for these meals as follows: <table border="1" data-bbox="363 827 1533 1024" style="margin: 10px auto;"> <thead> <tr> <th rowspan="2"></th> <th colspan="2">State Rates</th> <th rowspan="2"></th> <th colspan="2">Federal Rates</th> </tr> <tr> <th>w/o Nutrition Standards</th> <th>w/ Nutrition Standards</th> <th>Lunch</th> <th>Breakfast</th> </tr> </thead> <tbody> <tr> <td><b>Breakfast</b></td> <td>10¢</td> <td>11¢</td> <td><b>Full Price</b></td> <td>26 or 28¢</td> <td>27¢</td> </tr> <tr> <td><b>Lunch Rate 1</b></td> <td>10¢</td> <td>11¢</td> <td rowspan="3"><b>Reduced Price</b></td> <td rowspan="3">\$2.37 or \$2.39</td> <td rowspan="3">\$1.21 or \$1.50</td> </tr> <tr> <td><b>Lunch Rate 2</b></td> <td>12¢</td> <td>14¢</td> </tr> <tr> <td><b>Lunch Rate 3</b></td> <td>14¢</td> <td>17¢</td> <td><b>Free</b></td> <td>\$2.77 or \$2.79</td> <td>\$1.51 or \$1.80</td> </tr> </tbody> </table> <p>Schools that do not serve breakfast receive Lunch Rate 1. Schools that serve breakfast to less than 20% of enrolled students receive Lunch Rate 2. Schools that serve breakfast to 20% or more of enrolled students receive Lunch Rate 3.</p> |                        | State Rates          |                  |                  | Federal Rates |                  | w/o Nutrition Standards | w/ Nutrition Standards | Lunch | Breakfast | <b>Breakfast</b> | 10¢ | 11¢ | <b>Full Price</b> | 26 or 28¢ | 27¢ | <b>Lunch Rate 1</b> | 10¢ | 11¢ | <b>Reduced Price</b> | \$2.37 or \$2.39 | \$1.21 or \$1.50 | <b>Lunch Rate 2</b> | 12¢ | 14¢ | <b>Lunch Rate 3</b> | 14¢ | 17¢ | <b>Free</b> | \$2.77 or \$2.79 | \$1.51 or \$1.80 |
|   | State Rates   |                        |                      | Federal Rates    |                  |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
|   | w/o Nutrition Standards   | w/ Nutrition Standards |                      | Lunch            | Breakfast        |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <b>Breakfast</b>  | 10¢   | 11¢                    | <b>Full Price</b>    | 26 or 28¢        | 27¢              |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <b>Lunch Rate 1</b>   | 10¢   | 11¢                    | <b>Reduced Price</b> | \$2.37 or \$2.39 | \$1.21 or \$1.50 |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <b>Lunch Rate 2</b>   | 12¢   | 14¢                    |                      |                  |                  |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <b>Lunch Rate 3</b>   | 14¢   | 17¢                    |                      |                  |                  | <b>Free</b>   | \$2.77 or \$2.79 | \$1.51 or \$1.80        |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <br>Who can receive this service | School breakfasts and lunches are either free, reduced-price, or full price. Children who are below 130% of poverty are eligible for Free Meals; students who are between 130 - 185% of poverty are eligible for Reduced-Price Meals with the following exceptions: 1) school-aged children in a SNAP or TANF household and most foster children are eligible for free meals regardless of income, 2) at schools with a "Universal School Breakfast Program", all students receive free school breakfast. To receive free or reduced-priced school meals, parents must submit either a paper application (from the school) or an online application (through COMPASS).  |                        |                      |                  |                  |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <br>What is provided?            | <p><b>School breakfast</b> provides an average of at least 1/4 of a child's required key nutrients. The guidelines list 4 components: milk; a vegetable or fruit or full strength vegetable or fruit juice; 2 servings of bread/cereal or 2 servings of meat/other high protein food like peanut butter or eggs or one serving of each. <b>School Lunch</b> consists of 1/3 of a child's required key nutrients. The traditional meal plan consists of 4 food components for lunch: meat or meat alternate; grains or bread (must be whole grain, enriched, or contain germ or bran); 2 vegetables or fruit; and milk.</p>  |                        |                      |                  |                  |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <br>Contact                      | Dianne Dabulis, RD, MPA, LDN at the PA Department of Education at 1-800-331-0129, ext.322854.   |                        |                      |                  |                  |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |
| <br>Suggestions For advocacy     | <p>Find out how your local school districts performed in our School Breakfast Report Card last year, which can be found at <a href="http://www.pahunger.org">www.pahunger.org</a>. If your district does not yet offer breakfast, encourage them to do so.</p> <p>School meal programs, along with SNAP, WIC, summer food, afterschool snacks and meals, and child care food, make up our nation's nutrition safety net and must be protected during the Super Committee's works to produce \$1.5 trillion in entitlement cuts and any and all following efforts to reduce the deficit through cuts to programs that protect the most vulnerable Americans. Visit <a href="http://www.pahunger.org">www.pahunger.org</a> for related advocacy opportunities.</p>  |                        |                      |                  |                  |               |                  |                         |                        |       |           |                  |     |     |                   |           |     |                     |     |     |                      |                  |                  |                     |     |     |                     |     |     |             |                  |                  |

## The Child and Adult Care Food Program (CACFP)

CACFP reimburses licensed child care centers (including Head Start), family day care homes, homeless shelters, after-school programs and adult day care centers for food provided to eligible children and adults. As more and more mothers enter the workforce, the need for quality childcare and structured after-school programs is growing. CACFP improves the quality and financial viability of these programs while providing necessary meals to low-income children. Across PA over 15,600 children a day receive meals and snacks through CACFP-funded family day care providers, and nearly 139,500 children a day receive meals and snacks through child care centers. A program called the CACFP At-Risk Meals Program enables children in after-school settings to receive an evening meal. Over 27,000 children are served supper per day. Starting in May 2010, the CACFP At Risk Meals Program now allows At Risk sites to choose to serve breakfast, lunch, or supper, and a snack on weekends and school vacation days.

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|  <p>Who can provide the service?</p>   | <p>Registered and licensed daycare homes and childcare center providers, including for-profit centers in which at least 25% of enrolled participants are low-income, may participate in the traditional CACFP.</p> <p>For the after-school open enrollment program, public agencies, and non-profit organizations such as Police Athletic Leagues, YWCAs, YMCAs, Boys and Girls Clubs, park departments, and religious congregations may qualify for CACFP reimbursement for snacks and/or meals if they meet local health and safety requirements.</p>   |
|  <p>How is it financed?</p>            | <p>CACFP is an uncapped entitlement funded entirely by the federal government. It reimburses sponsors based on the number and type of meals served to eligible enrolled participants. In PA approximately \$90.1 million was spent through CACFP during 2010-11; no state funds are involved. The PA Department of Education administers the program.</p>   |
|  <p>Who can receive this service?</p> | <p>In the traditional CACFP program:</p> <ul style="list-style-type: none"> <li>- Children 12 years of age and younger in licensed or "approved" child care homes or centers.</li> <li>- Children 12 years and younger (age 15 for migrant children and age 18 for disabled children) who are temporarily residing in emergency shelters.</li> <li>- Adults with prescribed plans of care and over age 60 or disabled enrolled in a licensed adult care facility</li> </ul> <p>In the CACFP At-Risk program:</p> <ul style="list-style-type: none"> <li>- Children 18 years and younger who participate in an after-school program located in a low-income area. (Geographic areas qualify as low-income if the school building in the area has 50% or more of the children certified to receive free or reduced price lunch, i.e. family income below 185% of poverty). Children can receive a meal and/or snack with this program.</li> </ul> |
|  <p>What is provided?</p>            | <p>For meals served to children in <b>licensed day care homes</b>, two levels of reimbursement are available. The higher level (\$1.24 breakfast, \$2.32 lunch/supper, \$0.69 supplements) is paid to homes located in a geographical area in which 50% of the children are eligible to receive free or reduced priced school lunches. The lower level (\$.45 breakfast, \$1.40 lunch/supper, \$.19 supplements) is paid to homes that are not located in such areas. For meals served in <b>childcare centers</b>, the reimbursement depends on the income of the parents. In addition, centers may receive federal food commodities.</p> <p>In the <b>At Risk Meals Program</b>, all snacks are reimbursed at the maximum rate of \$0.76, breakfasts at \$1.51, lunches at \$2.77, and suppers at a maximum rate of \$2.77.</p>   |
|  <p>Contact</p>                      | <p>Terry Roden, PA Department of Education, at 1-800-331-0129.</p>  |
|  <p>Suggestions for advocacy</p>     | <p>Encourage local civic organizations and religious congregations that sponsor after school activities to begin feeding programs using CACFP funding.</p> <p>CACFP, along with SNAP, WIC, school meals, and summer food, make up our nation's nutrition safety net and must be protected during the Super Committee's works to produce \$1.5 trillion in entitlement cuts and any and all following efforts to reduce the deficit through cuts to programs that protect the most vulnerable Americans. Visit <a href="http://www.pahunger.org">www.pahunger.org</a> for related advocacy opportunities.</p>  |

## Summer Food Service Program (SFSP)



During the school year children from low-income homes typically receive at least one-third of the nutrients they consume each day from school lunch. Unfortunately, for many children school vacation represents a hungry time because school lunch is no longer available. As a result, emergency food providers often report an increase in requests during the summer months.

The Summer Food Service Program (SFSP) is designed to fill this gap. Among the organizations providing this service are Boy and Girl Scout Troops, YWCAs and YMCAs, school districts, community action agencies, churches, camping associations, 4-H Clubs, food banks, and municipal agencies. Feeding sites include local school buildings, recreational centers and parks. Rural sites can present onerous obstacles, such as transportation, but sponsors have developed creative solutions like a school bus turned into a mobile cafeteria to help overcome them.

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|  <p>Who can provide the service?</p>    | <p>School districts, units of local government, camps, and private nonprofit organizations are eligible to be sponsors. (School districts can also apply to the PA Department of Education for a waiver to serve summer meals throughout the community using the National School Lunch Program.) To be a summer food sponsor, an organization must be certified by the PA Department of Education (PDE).</p> <p>Local sponsors provide summer meals. Some sponsors prepare and distribute the meals, while others contract out meal preparation to vendors such as schools or private food services. In another configuration, summer feeding sites are operated by non-profits and administered under the auspices of local sponsors responsible for finances and paperwork.</p> |
|  <p>How is it financed?</p>             | <p>SFSP is an uncapped federal entitlement program administered by PDE. During 2010-11, PA received about \$13 million to cover the meal costs of over 103,000 children during a portion of the summer. To date, Pennsylvania has made no investments in the program.</p>   |
|  <p>Who can receive this service?</p> | <p>An <b>"open site"</b> is located in an area where at least 50% of the children are eligible for free or reduced price school lunches. At such a feeding site, all children 18 and younger can receive free meals without documenting a child's family income. At an <b>"enrolled site"</b>, where only children enrolled in an activity program at the site can receive a free meal, the area need not be low-income, but at least 50% of the enrolled children must have family incomes of less than 185% of poverty. At a <b>residential camp</b>, children who are not eligible for free or reduced price school meals may be charged for their meals.</p>  |
|  <p>What is provided?</p>             | <p>Both open and enrolled sites can provide up to two meals/snacks a day, with the exception that they cannot provide both lunch and supper. At residential camps, children can receive up to three meals a day. PDE reimburses sponsors according to the number of reimbursable meals served. Combined operational and administrative rates for self-preparation or rural sites: \$1.8800 per breakfast; \$3.2925 per lunch or supper; and \$0.7750 per snack. Rates for vended or urban sites are \$1.8450 per breakfast, \$3.2375 per lunch or supper, and \$0.7575 per snack.</p>   |
|  <p>Contact</p>                       | <p>More information about SFSP is available by calling the Pennsylvania Department of Education at 1-800-331-0129. Information about whether a geographic area qualifies as an "open enrollment site" is available from your local school district, PA Hunger Action or from the PA Department of Education.</p> <p>To find an SFSP site in your area, visit <a href="http://www.pasummermeals.com/">www.pasummermeals.com/</a> or call 1-800-331-0129.</p>   |
|  <p>Suggestions for advocacy</p>      | <p>Encourage local municipalities, schools, houses of worship, and other community organizations to become a summer food sponsor or site and visit <a href="http://www.pahunger.org">www.pahunger.org</a> for ways to maximize participation at these sites next summer.</p> <p>SFSP, along with SNAP, WIC, school meals, afterschool snacks and meals, and child care food, make up our nation's nutrition safety net and must be protected during the Super Committee's works to produce \$1.5 trillion in entitlement cuts and any and all following efforts to reduce the deficit through cuts to programs that protect the most vulnerable Americans. Visit <a href="http://www.pahunger.org">www.pahunger.org</a> for related advocacy opportunities.</p>                   |



## Meals for the Elderly (Congregate/Home-Delivered)

Nutritious meals are provided to older Pennsylvanians by Area Agencies on Aging (AAAs) in every county in congregate style at senior community centers and through the home delivered meals program. Congregate meals are served at least once a day (generally at the noon hour) five or more days a week at most centers. Home delivered meals are delivered to individuals who are deemed eligible after an assessment has been conducted with the individual, and the number of meals delivered can vary depending on need and location. All meals meet 1/3 of the Recommended Dietary Allowances (RDAs) for the age groups served. Meals are free of charge to eligible individuals but contributions are requested; Supplemental Nutrition Assistance Program "SNAP" benefits (formerly called food stamps) may be used as contributions.

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| <br>Who is eligible? | A person 60 years of age or older, and the spouse of the person regardless of age, is eligible for congregate meals. Individuals with disabilities who reside in housing facilities occupied primarily by older individuals at which congregate meals are provided and adults with disabilities who reside at home and accompany older eligible individuals to the meal may also be eligible if deemed so by the AAA. A person is deemed eligible for home delivered meals when an assessment by AAA staff indicates they are in need of a meal. The spouse of that individual, regardless of age, may also be eligible if it is determined to be in the best interest of the eligible individual. |
| <br>Contact          | Call your local Area Agency on Aging for information about the closest senior community center or to inquire about receiving home delivered meals. This number can be found in the Blue Pages of the phone book. Information can also be located on the PA Department of Aging's website at <a href="http://www.aging.state.pa.us">www.aging.state.pa.us</a> or the PA Senior Centers' website at <a href="http://www.paseniorcenters.org">www.paseniorcenters.org</a> . Individuals can also call the PA Department of Aging at 717-783-1550 or PA's Long Term Care Helpline at 1-866-286-3636 for information.   |

## Commodity Supplemental Food Program (CSFP)

Beginning in PA in 2002, the CSFP provides monthly, nutritious food packages to the same population of mothers and children eligible for WIC but are not currently participating in WIC. Two groups not served by WIC, seniors at or below 130% of poverty and children between the ages of five and six, can also receive monthly food packages through CSFP.

|   |   |
|---|---|
| <br>Where is CSFP available? | CSFP is now available in all 67 Pennsylvania counties. Contact your local food bank to determine where you can apply. Or, go to the following website <a href="http://www.pafoodbanks.org">www.pafoodbanks.org</a> and then click on "Need Assistance-Click Here." This link will take you to a list of Pennsylvania counties; click on the county in which you reside and then contact the organization that appears to find out where to apply. |
| <br>Suggestions for advocacy | Currently, only 10% of eligible senior residents in every PA county can participate in CSFP. Hunger Action will keep you posted on our website <a href="http://www.pahunger.org">www.pahunger.org</a> about advocacy opportunities in the upcoming Farm Bill that would increase this percentage, allowing greater access to and participation in the program.  |

## Monthly Income Limits for Nutrition Programs

| Household Size | 100%  | 150%    | 160%    | 185%    | 200%    |
|----------------|-------|---------|---------|---------|---------|
| 1              | \$908 | \$1,361 | \$1,452 | \$1,679 | \$1,816 |
| 2              | 1,226 | 1,839   | 1,961   | 2,268   | 2,452   |
| 3              | 1,545 | 2,316   | 2,472   | 2,857   | 3,090   |
| 4              | 1,863 | 2,794   | 2,980   | 3,446   | 3,726   |
| 5              | 2,181 | 3,271   | 3,489   | 4,035   | 4,362   |
| 6              | 2,500 | 3,749   | 4,000   | 4,624   | 5,000   |
| 7              | 2,818 | 4,226   | 4,508   | 5,213   | 5,636   |
| 8              | 3,136 | 4,704   | 5,017   | 5,802   | 6,272   |
| +1             | 319   | 478     | 510     | 589     | 638     |

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