





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.

 <p>Who is eligible?</p>	<p>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.</p>
 <p>Contact</p>	<p>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 www.aging.state.pa.us or the PA Senior Centers' website at www.paseniorcenters.org. 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.</p>

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.

 <p>Where is CSFP available ?</p>	<p>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 www.pafoodbanks.org 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.</p>
 <p>Suggestions for advocacy</p>	<p>Currently, only 10% of eligible senior residents in every PA county can participate in CSFP. Hunger Action will keep you posted on our website www.pahunger.org about advocacy opportunities in the upcoming Farm Bill that would increase this percentage, allowing greater access to and participation in the program.</p>

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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