



**“Coupled with other forms of food assistance, My Groceries to Go! can provide a healthy supplement to seniors struggling to eat well on a limited budget.”**

*Tim Regan, Vice President of Programs and Network Relations*

### **What Kinds of Food Might You Receive?**

Foods available through this program are mostly nonperishables and may vary throughout the year. Here is a sample of what may be included:

- Canned beans
- Pasta/rice
- Bottled juice
- Cereal
- Dehydrated milk
- Canned tuna
- Canned chicken
- Canned fruits & vegetables
- Peanut Butter

**My Groceries to Go!—otherwise known as the Commodity Supplemental Food Program (CSFP)—is a federal program that provides food to low-income seniors. Through partnerships with local nonprofits like the Maryland Food Bank (MFB), the program distributes boxes of nutritious USDA foods into senior communities.**

Along with children and the working poor, older Marylanders are among the most at-risk of food insecurity due to circumstances like inconsistent income, limited mobility, and poor health. My Groceries to Go! is critical to ensuring that Maryland’s food-insecure seniors receive the food assistance they need to lead healthy lives.

### **Who Can Register?**

Any Baltimore Metro Area resident 60 years and older with an income level that is at or below 130 percent of the federal poverty income guidelines may apply for My Groceries to Go!.

A senior living alone can receive assistance only if they have an annual income of \$15,782 or less; and for seniors living in a household of two and three people, the annual income cut-off is \$21,398 and \$27,014 respectively.

### **How Does It Work?**

My Groceries to Go! partners with senior centers and other community organizations across Baltimore Metro Area to target low-income seniors who may be eligible to receive assistance.

MFB employees assist clients in filling out their applications, review the necessary documentation, and directly process the applications on site.

### Information Needed for the Application

#### PROOF OF RESIDENCE

Bring one of the following for yourself:

- ID
- SSI letter
- Lease or bill
- Official piece of mail

#### PROOF OF INCOME

Bring one of the following for each income-earning household member:

- Paycheck
- Tax return
- Letter from employer (if you are paid in cash)
- SSI Award Letter

#### PROOF OF IDENTITY

Bring one of the following for yourself:

- Valid driver's license or state issued ID Card with current address
- Passport
- Current photo identification issued by a government agency
- Birth Certificate with some form of photo ID

Once registered and approved, clients are either put on a waitlist or the active list and receive information on when, where, and how they can pick up their monthly box of food. The boxes are heavy—between 30 – 40 pounds—and we encourage clients to bring a cart or a helping hand when retrieving their boxes.

### A Great Collaboration

In order to provide our clients with this vital resource, MFB works in partnership with the Maryland Department of Aging, other Baltimore area agencies on aging, as well as dozens of partners and city/county housing facilities that serve a primarily senior demographic in the city.

USDA food is delivered regularly to the MFB each month. This food is then packed into boxes by MFB volunteers for distribution at designated pick-up sites.

### USDA Nondiscrimination Statement

**All FNS nutrition assistance programs, State or local agencies, and their sub-recipients must post the following Nondiscrimination Statement:**

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, disability, age 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) 877-8330. 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](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, DC 20250-9410
2. Fax: (202) 690-7442; or
3. Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)  
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