

How Can I... Save Money on Groceries?

The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as food stamps, helps people pay for groceries. People enrolled in SNAP receive a card that works like a debit card. Eligibility depends on income, expenses, assets, and household size. The average monthly benefit for Philadelphians age 60 and older is around \$100.

Call these numbers to find out if you are eligible for SNAP and for help with the application:

BenePhilly: 1-800-236-2194

BenePhilly is an enrollment center that can complete your entire SNAP application over the phone if you are over 60.

Food Stamp Hotline: 215-430-0556

The Greater Philadelphia Coalition Against Hunger can help you apply for SNAP over the phone, and help resolve problems with your application or case.

You can also apply for SNAP in person at your County Assistance Office, or online by visiting www.compass.state.pa/us. To find your local office, call the **Food Stamp Hotline: 215-430-0556**.

How Can I... Eat Congregate Meals in My Neighborhood?

Senior centers connected to **Philadelphia Corporation for Aging (PCA)** offer healthy lunch time meals for a small donation per day. To find a senior center near you, call the **PCA Helpline: 215-765-9040**.

Other locations throughout the city offer free lunch or breakfast programs. To find a program near you, call the **Coalition Against Hunger: 215-430-0556**.

How Can I... Get Groceries Delivered to My Home?

SuperFresh, Fresh Grocer, ShopRite, Fine Fare, Shop n Bag, and several other grocery chains in Philadelphia offer grocery delivery services for free, a small fee, or minimum purchase requirement. To find out if this service is available near you, call 311 or ask a cashier at your local store. Most major grocers also accept SNAP.



How Can I... Get Free Boxes of Food?

Food pantries across the city offer free boxes of non-perishable food. To find a pantry, call the **Coalition Against Hunger: 215-430-0556**.

The **Commodity Supplemental Food Program** provides free monthly food boxes for limited-income adults 60 years and older. Boxes are distributed at more than 90 different agencies across the city. To find an agency near you, call the **Philabundance Food Help Line: 1-800-319- FOOD (3663)**.

Jewish Relief Agency (JRA) delivers boxes of free, Kosher non-perishable food and produce once a month throughout Philadelphia and surrounding counties, regardless of age or religious affiliation. For locations, call **610-660-0190 or 215-281-7572**.



Food Resource Guide for Philadelphia Older Adults

Getting healthy, affordable food can be a challenge as you grow older. In this guide you will find information about resources in Philadelphia that can help stretch your dollar to make sure you have the food you need. Find details about:

- SNAP (food stamps)
- Home-Delivered Meals
- Discounts on Fresh Fruits and Vegetables
- Congregate Meals
- Free Food Boxes
- Grocery Deliveries

To access this guide online, including links to program websites, visit www.pcaCares.org/foodresources





How Can I... Get Meals Delivered to My Home?

If you struggle with cooking or shopping, PCA and other local organizations can deliver meals to your home. The details below can help you find the service that is right for you.

Philadelphia Corporation for Aging (PCA):
215-765-9040

Service areas: City-wide
Cost: Free

Notes: If you are eligible for other PCA services, you may qualify for home-delivered meals. The care manager who conducts your care assessment will determine if you are eligible.

MANNA: 1-866-626-6209
Service areas: City-wide
Cost: Free
Notes: MANNA provides a frozen meal service for people battling serious medical conditions with nutritional concerns.

Aid for Friends: 215-464-2224
Service Areas: City-wide
Cost: Free
Notes: Clients must be homebound and isolated to be eligible.

Chestnut Hill Meals on Wheels: 215-233-5555
Service areas: Germantown, Mt. Airy, Chestnut Hill, parts of Springfield Township
Cost: \$7/day, \$35/week
Note: Some financial assistance available.

Klein-JCC's Home-Delivered Meals:
215-698-7300, ext.197
Service areas: Northeast Philadelphia, Eastern Montgomery County, Lower Bucks County, Center City, South Philadelphia
Cost: Cook for a Friend: \$2/meal contribution. Catered: \$5/meal
Note: Some financial assistance available.

Homelink's Meals on Wheels: 267-682-1026
Service areas: specific zip codes in Northwest, South, West and North Philadelphia
Cost: \$5/meal
Notes: SNAP (food stamps) accepted and other financial assistance may be available.

Northeast Meals on Wheels: 215-745-9066
Service areas: Lower Northeast Philadelphia
Cost: \$40/week

21st Ward Meals on Wheels: 215-482-0249
Service Areas: Roxborough, Manayunk, Wissahickon
Cost: Weekdays, \$25/week



How Can I... Save on Fresh Fruits and Vegetables?

Eating fresh fruits and vegetables is one of the most important ways to stay healthy as you age. The following programs can help you save money on high quality produce.

Philly Food Bucks are coupons that allow SNAP recipients to receive \$2 of free produce for every \$5 spent at participating farmers' markets. Coupons can be picked up at farmer's markets. To find a farmers' market near you, call **311**.

The **Senior Farmers' Market Nutrition Program** offers \$20 vouchers for limited-income Philadelphians 60 and older every summer. The vouchers are distributed at senior centers and PCA. Vouchers are valid through November and can be spent on fresh fruits and vegetables grown in Pennsylvania. For more information, call the **PCA Helpline: 215-765-9040**.

The **SHARE Food Program** offers packages of heavily discounted produce, meats and other foods. You can order menu items and pick up your package monthly at a host agency. To find a host agency, call **SHARE: 215-223-2220**.

Fresh for All is like a traveling farmers' market that distributes free fresh fruits and vegetables to people throughout Greater Philadelphia. Anyone can qualify, but participants should bring basic household information. For a list of locations, call **Philabundance's Food Help Line: 1-800-319-Food (3663)**.

Fair Food Farmstand offers **Double Dollars**, a program that allows people enrolled in SNAP to get a \$5 coupon for every \$5 spent on fruits and vegetables. Fair Food is located in Reading Terminal Market near 12th and Arch Street. To learn more, call **Fair Food: 215-386-5211, ext. 120**.

Iovine Brothers Produce Market offers a 10% discount to senior citizens. The market is located in the southeast corner of Reading Terminal Market, near the corner of 11th and Filbert Street.

There are also community gardens throughout the city where you can grow, purchase, or share food with neighbors. To find a garden near you, call the **Pennsylvania Horticultural Society: 215-988-8800**.