



**NEED HELP  
PAYING FOR  
FOOD?**



If your income is less than those below, we can help you apply for  
**Food Stamps (SNAP) benefits**

<i>Household Size</i>	<i>Gross Monthly Income</i>
1	\$2,266
2	\$3,052
3	\$3,840
4	\$4,626
<i>each additional member</i>	<i>+ \$788</i>

*\*Guidelines effective through September 30, 2023.*

Call or text **APPLY** to

# 877.999.5964

*Assistance available in over 240 languages.*



*\*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](http://www.centralpafoodbank.org)**

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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](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](mailto: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](mailto:lgoddard@centralpafoodbank.org) or 717.547.6335.