

Are you a Senior Looking for Healthy Foods?

If you are a New Hampshire resident you may be eligible for free food packages through the **Commodity Supplemental Food Program.**

Who is Eligible?

- Persons 60 years of age or older
- Persons who meet our income guidelines:

Family Size

1 Person

2 People

May Earn up to

\$1,180/month

\$1,594/month



For more Information, please call Rockingham Community Action

603-486-7618 www.rcaction.org

CSFP is an Equal Opportunity Program





Are you looking for Healthy Foods?



Who is Eligible?

- **CHILDREN UP TO 6 YEARS OF AGE.**
- **NEW MOTHERS UP TO ONE YEAR AFTER THE BABY IS BORN.**

Income Guidelines

You must live in NH and your gross income must be within these USDA guidelines.

Family Size	Annual	Monthly	Weekly
1	\$20,147	\$1,679	\$388
2	\$27,214	\$2,268	\$524
3	\$34,281	\$2,857	\$660
4	\$41,348	\$3,446	\$796

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WIC



Women, Infants and Children

-Find out if you qualify for the WIC program.-

Income Guidelines

Family Size	Annual	Monthly	Weekly
1	\$20,147	\$1,679	\$388
2	\$27,214	\$2,268	\$524
3	\$34,281	\$2,857	\$660
4	\$41,348	\$3,446	\$796
5	\$48,415	\$4,035	\$932

For Each
Additional -
Family Member
Add.

\$7,067 \$589 \$136

Benefits of the WIC program.

- Receive vouchers for healthy foods-
 - Nutrition education and counseling-
 - Health Care Referrals-
 - Breastfeeding support, education, and counseling-
 - Prenatal Nutrition-
 - Health Screening-
- Who is Eligible?**
- Pregnant women-
 - New mothers-
 - Infants-
 - Children up to 5 years old-



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