



**MEDIA ADVISORY**

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Second Harvest Food Bank

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**Seniors in Need of Food Asked to Register for Free Senior Box Program**

**Erie, PA., June 2019** – If you are 60 years of age or older and meet certain income requirements, the Second Harvest Food Bank of Northwest Pennsylvania requests you to register to receive a FREE senior food box. The Second Harvest Senior Box Program provides FREE nutritious food once a month to supplement a recipient’s current grocery needs.

**To register for the Senior Box Program**, please contact Sheilah Dauson at the Second Harvest Food Bank at 814.459.3663 x 111.

The monthly senior food boxes contain:

- 4 cans of vegetables
- 2 cans of fruit
- 1 peanut butter or beans
- 2 cereal or 1 bag of oats
- 2 bottles of juice
- 2 pounds of pasta or rice
- 1 meat or fish
- 1 block of cheese
- 2 instant or evaporated milk (*6-times a year*)

**Eligibility**

You must be a Pennsylvania resident, 60 years of age or older and have a gross household monthly income at or below the following:

Household Size Monthly Income

- 1        \$1,354
- 2        \$1,832
- 3        \$2,311

\*For each additional person, add \$479

For more information about the Senior Box Program, please contact Sheilah Dauson at the Second Harvest Food Bank at 814.459.3663 x111.

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**About Second Harvest Food Bank of Northwest Pennsylvania**

The mission of the Second Harvest Food Bank of Northwest Pennsylvania is to provide food to those in need within 11 counties of northwest Pennsylvania while creating awareness and educating the community on the realities of hunger. Second Harvest provides food to 412 member agencies and distribution partners throughout the 11 counties of northwest Pennsylvania. These organizations include food pantries, soup kitchens, shelters, Produce Express mobile distributions, Military Share – a Produce Express Program, School Pantries, Backpack Programs and Senior Box distribution sites. In the most recent year, Second Harvest has distributed 9.2 million meals to individuals in need. Second Harvest serves the following 11 counties in northwest Pennsylvania: Cameron, Clarion, Clearfield, Crawford, Elk, Erie, Forest, Jefferson, McKean, Venango and Warren.