

Nutrition Assistance Program for Seniors (NAPS)

through Commodity Supplemental Food Program (CSFP)

FREE, nutritious food for seniors 60+

Who is eligible?

- 🍏 Men and women 60 years and older.
- 🍏 Eligibility also determined by household size and income (at or below 130% of the poverty level).

Easy to Enroll - Call Second Harvest Heartland

Metro Area: 651.484.8241

Toll Free: 1.800.365.0270



Sample of NAPS box items -
specific items vary each month.

1140 Gervais Ave.
St. Paul, MN 55109
2HARVEST.ORG



second harvest
HEARTLAND

Food changes everything.™