**FREE FOOD**

**For Seniors (60+)**

**Join us to see if you qualify!**

**LOCATION: NOTRE DAME CHURCH///Parish Hall**

**7720 Boone Road,**

**Houston, Texas 77072**

**DATE: October 25, 2017 (MIERCOLES/WEDNESDAY)**

**TIME: 12pm – 12:30pm**

**The Houston Food Bank has additional commodity boxes of food from the USDA/TDA to distribute to qualified senior applicants.**

**Bring a cart to take your food to your apartment.**

Each qualifying senior will receive one box of shelf-stable food each month and a 2 pound box of cheese. Every-other-month they will also receive a bag of non-fat dry milk. The free box (valued at $50) contains the following:

-        2 boxes of cereal (alternate:   2 bags of farina or 1 bag of oats)

-        2 (64 ounce) bottles of juice

-        4 cans of vegetables

-        2 cans of fruit

-        2 bags of pasta (alternate:  1 bag of rice)

-        1 bag of dried beans (alternate:  1 jar of peanut butter)

-        2 (12 ounce) cartons of milk

-        A protein (any one of the following:  2 cans of chicken; 2 cans of salmon; package of

tuna; can/package of beef, beef stew or chili)

**\*NOTE: First time applicants will need an ID as proof of ageand proof of income to apply**

This institution is an equal opportunity provider

**FREE FOOD \*\* Despensas Gratis**

**For Seniors/Adultos Mayores de (60+)**

**DATE: October 25, 2017 (MIERCOLES/WEDNESDAY)**

**TIME: 12pm – 12:30pm**

**Location: Notre Dame Church**

**Parish Hall**

**7720 Boone Road**

**Houston, TX 77072**

**The Houston Food Bank will be here to distribute food to income-eligible seniors (60+). Bring your ID and a cart for the food.**

**Despensas Gratis si califican: Edad Mas de 60, traer ID y pruebas de Ingresos**

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