

SENIOR FOOD AND
SFNP
NUTRITION PROGRAM

Are you a low-income senior living in Lake County?

If the answer is “yes”, then you could be receiving a **free** monthly allotment of nutritious food!



The Senior Food and Nutrition Program is administered by the Illinois Department of Human Service and services are provided locally by Catholic Charities. The mission of SFNP is to improve the health of low income elderly by supplementing their diets with nutritious USDA commodities.

Requirements –

- Must reside in Lake County and have access to a kitchen
- Must be 60+ years old
- Must be below 130% of the national poverty level

How does it work?

- Sign up anytime
- On the last Monday of each month, pick up your food
- Pick up locations are: Waukegan, Round Lake or Grayslake.

To Sign Up contact Sue Fowler, (847)782-4126 sfowler@catholiccharities.net