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For release: Oct. 18, 2007

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Needy seniors receive food boxes to help through the winter

Arapahoe County partners with local groups to provide food to seniors

Littleton, Colo. --- A recent partnership between Arapahoe County, the Aurora Center for Active Adults, and Food Bank of the Rockies to provide senior citizens in the Aurora area with non-perishable food items is already a success.

The first senior commodities distribution was held last month at the Aurora Center for Active Adults. With the help of Aurora Central High School ROTC volunteers, 30 low-income seniors were able to bring home a box containing a variety of shelf stable foods designed to help them stretch their grocery dollars each month. A box generally includes canned juice, canned fruits and vegetables, cereal, cheese, canned meats, powdered milk, beans and rice.

USDA senior commodities are available at no cost. To be eligible, seniors must be age 60 or older and have a monthly income of 130 percent of the Federal Poverty level or less. For a household of one, this translates to an income of \$1,107 per month or less. Seniors meeting the eligibility guidelines must apply for annual certification in order to receive the food box. Certification is simple, upon the senior's first visit, he or she must bring a valid photo ID, proof of income, and proof of address (which can be a piece of mail).

Once certified, seniors will receive a card that entitles them to pick up their commodities each month. Applicants must re-certify each year. If a senior is certified and unable to pick up their commodities, a family member may pick them up with the senior's card.

Commodity boxes will be available for pick up from 10 a.m. – 2 p.m. on the 4th Tuesday of each month at the Aurora Center for Active Adults, located at 30 Del Mar Circle in Aurora.

For more information, call Food Bank of the Rockies at 303-375-8081.

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