



# FAMILY HARVEST PROGRAM

## Free Food for Your Family

**SHFB.org**

### DOES YOUR FAMILY NEED FOOD?

The Family Harvest Program provides groceries once per month to low-income households with dependent children under age 26.



### HOW DOES YOUR FAMILY QUALIFY?

- Children under age 26
- Low Income
- A resident of Santa Clara or San Mateo counties

### HOW DOES FAMILY HARVEST WORK?

- Families receive about 120 pounds of groceries once a month. This includes items such as fresh fruit and vegetables, rice, beans, tortillas, eggs, pasta, milk, chicken and much more
- Applying for this program will not affect your ability to apply for government benefits or local agencies
- Caregiver, friend or neighbor can pick up your food

### HOW DO I SIGN UP?

1. Call Food Connection at 1-800-984-3663
2. Find out about the distribution site closest to you
3. Complete application
4. Pick up food!