



**The Commodity Supplemental Food Program:** Provides food boxes once a month to nutritionally at-risk, income eligible participants. Food boxes are packed at the Food Bank then delivered to local distribution sites for pick-up. Each food package contains a variety of USDA donated commodities that may include: cereal; grits; powdered milk; pasta; evaporated milk; cheese; rice; canned meat /poultry; peanut butter; canned fruit; canned vegetables; fruit juice; dry beans or oats.

- **Athens, Hocking, Meigs, Morgan, Perry & Washington Counties:**  
SE Ohio Food Bank & Kitchen • 1-800-385-6813 • [www.hapcap.org/foodbank](http://www.hapcap.org/foodbank)
- **Monroe and Noble Counties:**  
Mid-Ohio Foodbank • 614-274-7770 • [www.midohiofoodbank.org](http://www.midohiofoodbank.org)



**Home Energy Assistance Program (HEAP):** Provides eligible Ohioans assistance with their home energy bills. HEAP and the Summer Crisis Programs are federally funded. This one-time benefit is applied directly to the customer's utility bill or bulk fuel bill. Contact us to learn more or your local Community Action Program to enroll:

- **Athens, Hocking & Perry: HAPCAP** 1-800-686-1093
- **Meigs: Gallia-Meigs CAP** 740-992-6629
- **Monroe & Noble: GMN Tri-Co. CAP** 740-472-0828 or 740-732-2388
- **Washington & Morgan CAP** 740-373-3745



**Medicare Counseling:** Provides assistance with Medicare Part B and D choices and Medicare "Extra Help" — **a program that can save income-eligible seniors up to \$325 a month!**

The program can assist with reduced or no Medicare prescription premiums or deductibles and no more than 15% co-pays. Also, learn more about Medicare's preventive care services with no out-of-pocket costs (annual wellness exams, health screenings, vaccinations and more).

**Over-the-phone enrollment assistance is available at 1-800-331-2644.**



**Information & Referral Services:** Provides people of all ages, disabilities and income levels objective information on a full-range of long-term care service and support options. As the Southeast Ohio Aging & Disability Resource Network, Buckeye Hills helps to streamline access to services and supports for older adults, people with disabilities and their caregivers. **Call 1-800-331-2644 for home and community-based options.**