Self-Help for the Elderly
安老自助處

731 Sansome Street, Suite 100 I San Francisco, California 94111-1725
(415) 677-7600 I www.selfhelpelderly.org

Providing strength, hope and empowerment for seniors

安老自助處 – 美味營養餐

CHAMPSS – Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Eligibility:

Adults 60 years or older (no income requirement), and their spouse/partner of any age.

Adults 18 to 59 years old with disabilities (must reside in special/senior housing with its own meal site).

Application Procedures:

Application forms are available on the CHAMPSS website (www.sfchampss.org), and at all Self-Help for the Elderly senior centers.

Completed applications must be submitted **in-person** to a Self-Help for the Elderly senior center.

A government-issued identification document will be used to verify age for eligibility.

Donations are accepted at the time of application, in the form of cash or check at Self Help for the Elderly Senior Centers, or credit card (online add meals only). A maximum of 10 meals may be added at one time. Currently, the suggested donation for this program is $4.00 per meal, which includes the main entrée (select from menu), a drink (milk or orange juice), dessert, and tax. Tips are optional.

Usage:

Upon processing, a CHAMPSS meal debit card will be issued to the applicant.

The CHAMPSS card is currently accepted at:

- S & E Café, 2406 19th Avenue, San Francisco, CA 94116. 415-665-7868
- Green Bamboo, 1240 Noriega St, San Francisco, CA 94122. 415-564-8818

Cardholders can dine-in during the restaurant's open hours for this program.

Dine-in only; take-out orders are not allowed.

The card may not be used more than once a day (one CHAMPSS meal per day per person).

Additional meals may be added at any time, online (credit card) or in person (cash or check). Current processing time is approximately 5 to 10 days.

Meals added to card but not consumed will expire on June 30, 2018.

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我是否符合資格?

*60 歲或以上的長者，及其配偶(任何年齡)
*18 至 59 歲傷殘人士（必須居住在特定設有用餐地點的住房）

如何申請:

申請表可到安老自助處其中一間老人康樂中心索取或到網址 www.sfchampss.org/下載，填妥後請親自遞交到安老自助處康樂中心.

申請過程:

一張政府機關批發的身分證明會用作核實年齡以決定是否合符資格.

捐款會在遞交申請表的時候接受現金, 支票或信用卡(僅用於網上加餐）. 每次加餐不能超過十餐，目前每餐的建議捐款是$4. 00. 包括主菜（從指定菜單選擇），飲品（加鈣牛奶或加鈣橙汁），甜品，及稅. 小費是自願性.

用法:

在申請過程中，一張美味營養餐轉帳卡會發給申請者。
美味營養卡可到以下地點使用:

- S & E Café, 2406 19th Avenue, San Francisco, CA 94116. 415-665-7868
- Green Bamboo, 1240 Noriega St, San Francisco, CA 94122. 415-564-8818

持卡人只可以在計劃特定的時間內到以上地點用餐.
套餐只可以在指定地點享用，不可以外賣或帶走.
每張美味營養餐卡一天只可以使用一次.

額外餐數可以 在安老自助處康樂中心或網站上添加. 需時 5 到 10 工作天.
所有餐數必須在 2018 年 6 月 30 日前全部使用，沒有被享用的 餐數將**不會被退還**.