

## **CHAMPSS – Choosing Healthy Appetizing Meal Plan Solutions for Seniors**

### **Eligibility:**

- Adults 60 years or older (no income requirement), and their spouse/domestic partner of any age.
- Adults 18 to 59 years old with disabilities (must reside in special/senior housing with its own meal site or reside with an older adult who participates in the program).

### **Application Procedures:**

Online Application forms are available on the CHAMPSS website ([www.sfchampss.org](http://www.sfchampss.org)), along with hard-copy forms at all Self-Help for the Elderly senior centers. For the center locations, please refer to Self-Help for the Elderly Senior Centers Locations List.

Completed applications must be submitted to a Self-Help for the Elderly Senior Center.

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

Voluntary contributions 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 meals only). A maximum of 5 meals per week can be added to the card. Currently, the Voluntary contribution for this program is \$5.00 per meal, which includes the main entrée (select from the menu), a drink (milk), fruit, and tax. Tips are optional.

If you have any questions, please contact CHAMPSS Coordinator at 415-677-7600.

### **Usage:**

Upon processing, a CHAMPSS QR Key Tag will be issued to the applicant.

The CHAMPSS QR Key Tag is currently accepted at:

- ❖ **S & E Café**, 2406 19th Avenue, San Francisco, CA 94116. 415-665-7868
- ❖ **SoHoMei**, 1240 Noriega St, San Francisco, CA 94122. 415-564-8818
- ❖ **Venus Café**, 700 Clement St, San Francisco, CA 94118. 415-964-8888

CHAMPSS participants 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). The current processing time is approximately 5 to 10 days.

Meals added to the card but not consumed will expire on **June 30, 2024**.

If you have any questions, please contact CHAMPSS Coordinator at 415-677-7600.



## 安老自助處 - 美味營養餐

### 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) 或和已經登記該計劃參加者住在一起

### 如何申請：

申請表可到安老自助處任何一間康樂中心索取並提交，或到網址 [www.sfchampss.org](http://www.sfchampss.org) 進行網上申請。如需中心地址，請向工作人員索取單張。

### 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符合資格。

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)。每星期加餐不能超過五餐，目前每餐的自願捐款是 \$5.00。包括主菜 (從指定菜單選擇)，飲品 (加鈣牛奶)，時令水果，及稅。小費是自願性。

### 用法：

在申請過程中，一張美味營養餐二維碼鎖匙扣卡會發給申請者。  
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
- ❖ **SoHoMei**, 1240 Noriega St, San Francisco, CA 94122. 415-564-8818
- ❖ **Venus Café**, 700 Clement St, San Francisco, CA 94118. 415-964-8888

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 一天只可以使用一餐。

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 **2024 年 6 月 30 日**前全部使用，沒有被享用的餐數將**不會被退還**。

安老自助處主辦。服務經費部份由三藩市殘障人士及長者服務部及其他贊助機構贊助。

