Self-Help for the Elderly
安老自助處

731 Sansome Street, Suite 100 | San Francisco, California 94111-1725
(415) 677-7601 | www.selfhelpelderly.org
Providing **strength,** hope and empowerment for seniors

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*), 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 2 meals can be added per week, and the card can only hold a maximum of 5 meals at any given time.** The current Voluntary contribution for this program is $6.00 per meal, which includes the main entrée (selected from the menu), a drink (milk), fruit, and tax. Tips are optional.

Usage:

Upon completion of your application, a CHAMPSS QR Key Tag will be issued to the applicant.

The CHAMPSS QR Key Tag is currently accepted at the following restaurants:

- **SoHoMei**, 1240 Noriega St, San Francisco, CA 94122. 415-564-8818
- **Venus Café**, 700 Clement St, San Francisco, CA 94118. 415-964-8888
- **Crazy Pepper,** 2257 San Jose Ave, San Francisco, CA 94112. 415-337-1888

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).

Meals may be added online (credit card) or in person (cash or check). The current processing time is approximately 3 to 7 business days.

Meals added to the card but not consumed will expire on **June 30, 2027**.

If you have any questions, please contact CHAMPSS Coordinator at 415-677-7601.

Important Note: For your health protection, taking food from CHAMPSS participating restaurants is not recommended. The agency will not be responsible for any food that is taken out and spoiled under your care.

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SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

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安老自助處 - 美味營養餐

我是否合符資格？

- 60 週歲或以上的長者，及其配偶(任何年齡)
- 18 至59 歲殘障人士（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：

申請表可於安老自助處各康樂中心索取並提交，或到網址 www.sfchampss.org 進行網上申請。 如需中心地址，請向工作人員索取。

申請過程：

一張政府機構頒發的身分證明將會被用作核實年齡是否合符資格。

在遞交申請表的同時，可接受現金,支票或信用卡(僅限網上）加餐。每位客人每週最多可增值2個美味營養餐，每個帳戶最多可持有5個美味營養餐。目前每餐的自願捐款是$6.00，包括主菜（從指定菜單選擇），飲品（牛奶），時令水果，及稅。 小費是自願性的。

用法：

如合符資格，申請者將收到一張印有二維碼的美味營養餐鎖匙扣卡。
美味營養餐卡可於以下餐廳使用：

- SoHoMei, 1240 Noriega St, San Francisco, CA 94122. 415-564-8818
- Venus Café, 700 Clement St, San Francisco, CA 94118. 415-964-8888
- Crazy Pepper, 2257 San Jose Ave, San Francisco, CA 94112. 415-337-1888

持卡人只可以在計劃特定的時間內到以上餐廳用餐。
美味營養餐只可以在指定餐廳堂食，不可以外賣或帶走。
每張美味營養餐卡每天只可以使用一次。
美味營養餐可於安老自助處各康樂中心或網站上增值。需時約三至七個工作天。
所有美味營養餐須於 2027 年6 月 30 日前被享用，沒有被享用的餐數將不會被退還。

重要通知:為保障您的健康,請勿攜帶食物離開美味營養餐餐廳。如不遵從美味營養餐規則而引致食物腐爛或中毒,本處概不負責。

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.

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