

Clients | Chris, Karen, and Daughter | 2023

Rodeo - Senior Food Pantry

Chris and Karen are recently retired, him from floor installation and her from teaching. Melanie is their daughter. Chris and Karen are enjoying their retirement, but have been impacted by the increased cost of living, particularly for food.

They have been coming to the San Pablo Library's Senior Food Program distributions for the past two years after hearing about the program online. (SFP provides free groceries to people over the age of 55 twice a month, who meet income qualifications. Includes shelf stable goods as well as eggs and proteins.)

"It helps the budget because times are hard," said Chris.

This week, they are excited to see fresh spinach, a family favorite. Karen also appreciates the eggs and frozen proteins like chicken and beef.

"Is that spinach?" Melanie asks, looking through the groceries Chris has collected from volunteers. Karen confirms happily that it is.

"We love our spinach," says Karen."



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