

# Are you a senior interested in FREE nutritious food?

## The Commodity Supplemental Food Program (CSFP) can help!

### What is CSFP?

The Commodity Supplemental Food Program (CSFP) is a USDA nutrition program that offers FREE monthly nutrition information and nutritious foods.

**Items in the monthly box include:** canned fruit, vegetables, meat, cereal, juice, and cheese

Household Size	Per Year	Per Month	Per Week
1	\$ 18,954	\$ 1,580	\$ 365
2	\$ 25,636	\$ 2,137	\$ 493
3	\$ 32,318	\$ 2,694	\$ 622
4	\$ 39,000	\$ 3,250	\$ 750
5	\$ 45,682	\$ 3,807	\$ 879
6	\$ 52,364	\$ 4,364	\$ 1,007
7	\$ 59,046	\$ 4,921	\$ 1,136
8	\$ 65,728	\$ 5,478	\$ 1,264
Amount per person	\$ 6,682	\$ 557	\$ 129

### Who can receive CSFP?

- Residents of Beaufort, Berkeley, Charleston, Colleton, Dorchester, Georgetown, Horry, Jasper or Williamsburg counties.
- 60 years of age or older
- Must meet the income guidelines created by USDA

### How to apply:

- Contact or visit your local distribution site
- Complete CSFP application at site
- **Provide proof of age (ID)**
- **Provide proof of address (ID, bill)**



**When to apply:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or

**fax:** (833) 256-1665 or (202) 690-7442;

**email:** [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.