

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

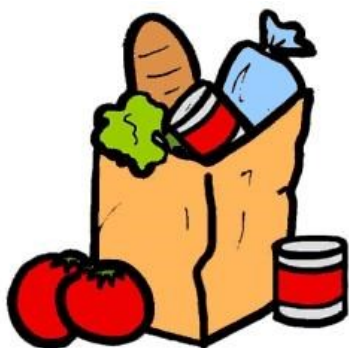
Household Size	Per Year	Per Month	Per Week
1	\$ 18,954	\$ 1,580	\$ 365
2	\$ 25,636	\$ 2,137	\$ 493
3	\$ 32,318	\$ 2,694	\$ 622
4	\$ 39,000	\$ 3,250	\$ 750
5	\$ 45,682	\$ 3,807	\$ 879
6	\$ 52,364	\$ 4,364	\$ 1,007
7	\$ 59,046	\$ 4,921	\$ 1,136
8	\$ 65,728	\$ 5,478	\$ 1,264
Amount per person	\$ 6,682	\$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

Who can receive CSFP?

- United States residents
- Individuals 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: _____

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

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.