

What is the Commodity Supplemental Food Program?

- CSFP is a USDA program that provides healthy, nutritious food and nutrition education to eligible low-income seniors. Women, infants and children that are not participating in the WIC Program are also eligible to participate.
- CSFP participants receive a free box of food each month worth approximately \$40.

Healthy tips for using CSFP foods!

- Rinse canned fruits, vegetables, tuna and salmon to reduce sugar and salt.
- Refrigerate canned meats overnight and remove hardened fats.
- Use milk and cheese products in moderation due to high fat calories.

In accordance with Federal law and US Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Menus Using CSFP Foods (CSFP food items in bold)

Breakfast Ideas

- **Grape or orange juice**
- **Oat cereal**
- Toast with low calorie jelly
- **Nonfat dry milk**

Meal Ideas

- **Tuna** (rinsed)
 - ✓ Low fat mayonnaise
 - ✓ Wheat bread
 - ✓ Tomato slices
 - ✓ Soup
- Beef Stew
 - ✓ **Carrots** (rinsed)
 - ✓ Salad with oil and vinegar
 - ✓ **Nonfat dry milk**

Snack Ideas

- **Pears or peaches** (drained)
- Graham crackers with **nonfat dry milk**
- Cheese with crackers
- Low fat yogurt with **canned fruit**

Source: USDA

DSS Brochure 16173 (JAN 08) Edition of MAR 03 is obsolete.

South Carolina
Department of Social Services
Family Nutrition Programs

ATTENTION SENIORS



USDA Photo by: Ken Hammond

The
**Commodity
Supplemental
Food Program (CSFP)**
can provide you
with free, healthy foods
each month
to help you stretch
your food dollars!

ATTENTION SENIORS



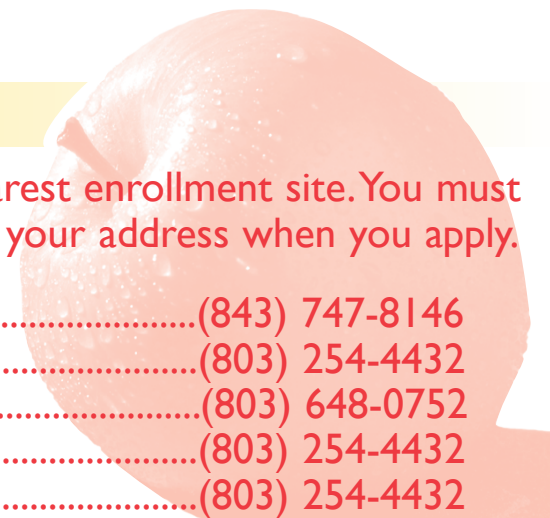
USDA Photo by: Ken Hammond

How do you qualify for the CSFP?

- Must be age 60 or older
- Have a low monthly income
- Live in one of the following counties:
Charleston, Greenville, Greenwood, Lexington and Richland

What kind of food can you get?

Green Beans, Carrots, Corn, Spinach, Tomatoes, Applesauce, Apricots, Fruit Cocktail, Peaches, Pears, Juice (Grape, Apple, Pineapple, Orange, Cranberry), Canned Meats (Chicken, Beef Stew, Pork or Tuna), Dry Beans (Blackeye, Lima, Pinto, Northern and Kidney), Cheese, Evaporated Milk, Nonfat Instant Dry Milk, Grits, Macaroni, Spaghetti, Potatoes and many other items.



How can you apply to participate in the CSFP?

Contact the food bank listed below that is in your county to find the nearest enrollment site. You must provide proof of your monthly household income, age and verification of your address when you apply.

Charleston:	The Lowcountry Food Bank.....	(843) 747-8146
Greenville:	Harvest Hope Food Bank.....	(803) 254-4432
Greenwood:	Golden Harvest Food Bank.....	(803) 648-0752
Lexington:	Harvest Hope Food Bank.....	(803) 254-4432
Richland:	Harvest Hope Food Bank.....	(803) 254-4432