

# CSFP

Commodity Supplemental  
Food Program

## Commodity Supplemental Food Program

### What is the CSFP?

The Commodity Supplemental Food Program (CSFP) is a federal food program that is designed to improve the health of senior citizens. Food for the program is provided by the United States Department of Agriculture's agency of Food and Nutrition Service.

### Who Can Receive the CSFP?

You must be an Alabama resident at least 60 years of age and have a qualifying income.

### How Can I Sign Up?

First you must ask your local food pantry or food bank if they are involved in the CSFP.

Only individuals who are registered can receive the CSFP food items.

To register for the CSFP you must bring the following items:

- Proof of age (driver's license, birth certificate, etc.)
- Proof of residency (utility bill, driver's license, etc.)
- You must provide this information. You cannot be registered without it.

### What's In The CSFP Food Package?

- Four vegetables (green beans, corn, etc.)
- Two juices (grape, apple, tomato, etc.)
- Two fruits (mixed fruit, applesauce, etc.)
- Two protein (chicken, beef, two cans tuna)
- Cereal (rolled oats, rice cereal, etc.)
- Milk product (instant, evaporated, etc.)
- Carbohydrate (pasta, rice, etc.)
- Cheese (low-fat American, etc.)

For more information about the CSFP, please contact the Montgomery Area Food Bank at 334-263-3784

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## USDA GUIDELINES

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1400 Independence Avenue, SW  
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*(2) fax: (202) 690-7442; or*

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