INTERESTED IN FREE, NUTRITIOUS FOOD?

THE COMMODITY SUPPLEMENTAL FOOD PROGRAM CAN HELP

What is this program?

The Commodity Supplemental Food Program (CSFP) is a USDA nutrition program that offers free monthly nutrition information and nutritious foods such as:

Canned Fruits & Veggies *Fruit Juices* *Cereals* *Cheese*

CALL NOW!
1-800-214-4648

Volunteers are needed to help at drop sites. Call number above and ask for information.

Vermont Foodbank

Note: Each eligible person receives his or her own food box. People can participate in other commodity programs at the same time, but they cannot be enrolled at more than one CSFP site.

The CSFP is an equal opportunity provider.

WHO IS ELIGIBLE?

- 60 years of age or older, living in Vermont and income-eligible.
- A child under 6 years of age and not already in the WIC program.
- A woman who is pregnant or post-partum for less than a year and not already in the WIC program.

◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆

- Individual and/or household income will be used to determine eligibility.
- Each household member may be eligible, and will need to complete an application form

◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆

2009 Income Guidelines

Elders:	1 person	$1,174 per month
	2 people	$1,579 per month
Women / Children:		
	1 person	$1,670 per month
	2 people	$2,247 per month