



Commodity Supplemental Food Program

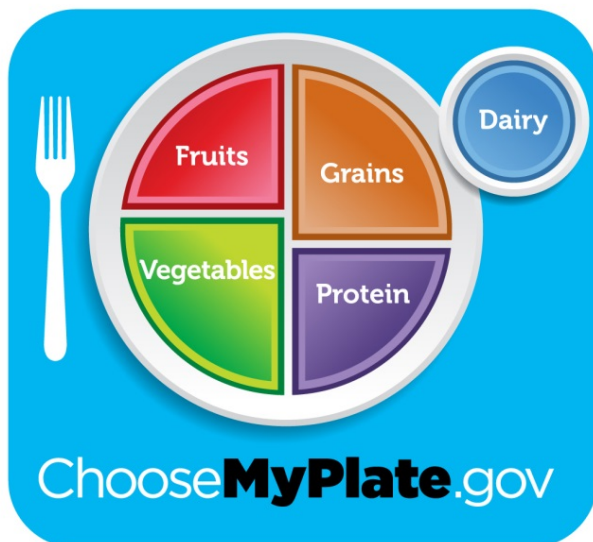
As we age, eating well can make a difference in our health and how we feel. Healthy foods and beverages can increase our energy levels, improve digestion, and help prevent chronic disease. The Commodity Supplemental Food Program (CSFP) provides a monthly food package tailored for older adults age 60 or above that can help stretch your food dollars and add nutritious foods to your diet for good health.

USDA Foods Fit

CSFP offers a variety of American-grown USDA Foods that can fit into your healthy eating pattern:



- Canned **fruits** – unsweetened or lightly sweetened
- Canned **vegetables** – low sodium or no salt added
- Low fat **dairy** – cheese and shelf stable milk
- Whole **grains** – oats, whole grain noodles and cereals
- Variety of **proteins** – dry beans, lean meats, poultry, fish



Food For Thought

The CSFP food package provides:

- Protein, calcium, iron, vitamins A, C, and D, and other nutrients that promote health
- Low sodium foods for heart health

Learn More

- Healthy recipes featuring USDA Foods, including those provided in CSFP: whatscooking.fns.usda.gov
- MyPlate for Older Adults: choosemyplate.gov/older-adults



Did You Know?

Everything you eat and drink matters. The right mix can help you be healthier. If you have special dietary needs, check with your doctor or Registered Dietitian about how these foods can fit into your healthy eating pattern.