



## **FREE FOOD FOR SENIORS**

### **COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)**

**Who:** Open to seniors aged 60 and older who fall within 130% of Federal Poverty Income Guidelines

**What you need to register:** Bring ID and statement of your monthly income

**Open Enrollment:** Accepting applications now

**What you will receive:** Each month you will receive a box of food valued at \$50.00 (FREE)

#### **Each box includes:**

2 boxes of cereal

2 pounds of spaghetti or rice  
spaghetti sauce

1 can string beans

1 can red vegetarian beans

2 quarts shelf stable milk

2 64-oz. containers of juice

1 can white potatoes

1 can apple sauce

1 can mixed fruit

2 pounds yellow American  
cheese

**For more information, contact: Fred Goodman by email at [fgoodman@ctfoodbank.org](mailto:fgoodman@ctfoodbank.org)  
or call him at (203) 741-9072**

*This program is provided by the Connecticut Food Bank in conjunction with the Federal Government*