



COMMUNITY
Food WAREHOUSE

OF MERCER COUNTY



Senior Food Box Program

(CSFP: Commodity Supplemental Food Program)

The Pennsylvania Association of Regional Food Banks offered the CSFP Program (Commodity Supplemental Food Program) to the Community Food Warehouse in February of 2010.

CSFP or Senior Food Box Program is a federal food program, designed to improve the health of senior citizens. Food for the program is provided by the USDA's agency of Food and Nutrition Service.

Seniors, age 60 or over, who meet certain income requirements, receive a box of nutritious food once a month.

A CSFP Food Package contains:

- Four vegetables (green beans, corn, etc.)
- Three juices (grape, apple, tomato, etc.)

- Two fruits (mixed fruit, applesauce, etc.)
- One 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.)

Currently CSFP serves Seniors in 23 different sites including the Community Food Warehouse. The sites consist of Income Assisted High Rises for Seniors.

Also many of the food pantries who work with the Community Food Warehouse also distribute Senior Food Boxes. In fact the Senior Food Box program alleviates some of the financial burden on these pantries. By using the Senior Food Box program to feed their Senior clients, pantries can then use the money saved to feed more of the needy in the community.

Senior Food Box clients who live in their own homes can also come directly to the Community Food Warehouse to pick up their food. Once a month a kind of “drive thru” is set up, making it easy for Seniors to simply sign for their food box and drive away with the food in their car.

An army of volunteers makes the CSFP program function! From packing to distribution volunteers make it possible to provide nutritious food to seniors in need in Mercer County.

