

A CSFP Food Package Contains

4 units Vegetables

2 units Fruit

2 units Juice

1 Meat

(1 Beef or 1 Chili or 1 Stew or 2 Chicken or 2 Tuna or 2 Salmon)

1 Non-meat Protein

1 Carbohydrate

2 Cereal or 1 unit Rolled Oats

2 units UHT 1% Milk

Instant Milk (6 times a year)

Cheese

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