

Form 502064 Food Package Content Explanation for Participants



In early 2020 the United States Department of Agriculture made changes to the senior food box with the intent to provide you with more food, more variety, and better align with <https://www.myplate.gov/> and current nutrition guidance. In the enhanced monthly food package, some of the changes you have seen include:

- Double the amount of vegetables
- More protein, including plant-based proteins such as canned and dry beans
- More options within each food category, such as brown rice and soup
- Smaller package sizes of rice, oatmeal, grits, dry beans, and non-fat dried milk.

Per program federal regulations, CSFP food banks must distribute food packages to CSFP participants every month in accordance with the CSFP guide rate established by the Food and Nutrition Service (FNS).

FOOD PACKAGE CATEGORY	TYPES OF CATEGORY ITEMS AVAILABLE in 2021 <small>This list is subject to change based on market availability.</small>
1 juice & 3 cans of fruits	JUICE = Apple, Cranberry Apple, Orange & Grape [All Unsweetened] FRUIT = Applesauce & Raisins [Unsweetened]; Apricots, Mixed Fruit, Peaches, Pears [Extra Light Syrup] and Purple Plums
8 cans of vegetables or soup	VEGETABLES = Green Beans, Carrots, Corn, Mixed Vegetables, Peas, Slice Potatoes, Spinach, Spaghetti Sauce [All Low-Sodium]; Sweet Potatoes [Light Syrup, No Salt Added]; Tomato Juice [Low-Sodium]; Diced Tomatoes [No Salt Added] SOUP = Vegetable [Condensed, Low-Sodium]
cheese	American, Reduced Fat 2 lb. Block
milk: 2 UHT	1% Shelf-Stable
1 (24 oz) meat & 1 (15 oz) beef, poultry, or fish OR 3(15 oz) beef, poultry and/or fish	24 OZ. MEAT = Beef, Beef Chili w/o Beans, Beef Stew 15 OZ. MEAT = Beef Chili w/ Beans, Chicken-Canned, Chicken-Pouch, Pink Salmon, Chunk Light Tuna
3 units of plant-based protein	CANNED = Black Bean, Light Red Kidney, Pinto, Vegetarian [All Low-Sodium] DRY = Great Northern, Light Red Kidney, Lima, Pinto, Lentils
2 units of cereal	CEREAL = Corn Flakes, Corn/Rice Biscuits, Corn Squares, Oat Squares, Rice Crisp, Wheat Bran Flakes, Wheat Farina, Wheat Shredded, White Grits, Rolled Oats
2 units of pasta and/or rice	PASTA = Macaroni, Rotini, Spaghetti RICE = Long Grain White, Long Grain, Brown

During COVID 19 some of the food items were especially hard to come by – vegetables some because the vegetables themselves were not available, some because they could not get labels for the cans or lids for the jars. The result was sometimes you got 4 of the same vegetables in the box! The UHT milk was also hard to come by resulting in you receiving Instant Nonfat Dry Milk again!

The bottom line is USDA tries to order a variety of food items for each category especially playing focus on unsweetened, extra light syrup, low sodium, no salt added items keeping in mind you all need to be careful of your diets due to one health issue or another. **We hope the package is helpful to your budget and health care!**

The Non-Discrimination Statement is on the back. Please turn over.

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1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
program.intake@usda.gov

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