



Do you have trouble making ends meet each month?
Do you sometimes have to choose between buying food and paying bills?
If so, the **Commodity Supplemental Food Program** can help you!!

What is the CSFP?

The CSFP provides nutritious commodity foods to women, infants, children who **are not** participating in the Supplemental Nutrition Program for Women, Infants and Children (the WIC Program) or whose eligibility for the WIC program has run out and older adults who live in low-income households. A food package worth about \$45.00, consisting of canned fruits, vegetables, meat, cheese, cereals and grain products and milk products, is provided to each eligible individual each month.

Who can receive a food package?

- ✓ Pregnant women
- ✓ Postpartum women up to one year after giving birth
(WIC eligibility expires at six months for some women)
- ✓ Breastfeeding women up to one year after giving birth
- ✓ Infants
- ✓ Children up to their sixth birthday
(WIC eligibility expires at their fifth birthday)
- ✓ Older adults, age 60 and above



What income criteria must be met?

Women, infants and children must have gross annual incomes at or below 185% of the federal poverty level (\$41,348 for a household of 4). Older adults must have gross annual incomes at or below 130% of federal poverty (\$19,123 for a household of 2).

What do I need to bring to sign up?

- ▶ Pregnant women - proof of current address and letter from doctor if the pregnancy is not showing.
- ▶ Postpartum women - proof of current address and birth certificate or other record of birth for infant less than one year of age.
- ▶ Breastfeeding women - proof of current address and birth certificate or other record of birth for infant less than one year of age.
- ▶ Infants - proof of current address and birth certificate or other record of birth.
- ▶ Children - proof of current address and birth certificate or other record of birth.
- ▶ Older adults - proof of current address and birth certificate or driver's license.



Where do I go?

For a site near you, call 800-733-6251 or go to

<http://www.health.mo.gov/living/wellness/nutrition/foodprograms/csfp/index.php>.