

Missouri Commodity Supplemental Food Program Food Package

COMMODITY		SENIORS
Food Type	Package Size	60 yrs & over
Canned Meat	12-24 oz. can	1-2 (depending on size)
Canned Vegetables	15-16 oz. can	4
Canned Fruits	15-16 oz. can	2
Cereal	12-48 oz. pkg.	1-2 (depending on size)
Cheese	2 lb. pkg.	1
Pasta or Rice or Potatoes	1-2 lb. pkg.	1-2 (depending on size)
Dry Beans OR Peanut butter	1 lb. OR 18 oz.	1
Dry Milk	32 oz.	2
Juice, 100%	64 oz.	2

For income eligibility information, distribution site location and other information about the Commodity Supplemental Food Program, call 800-733-6251 or visit <http://health.mo.gov/csfp>