

The Commodity Supplemental Food Package is:

- ✓ For YOU, the participant, not for other family members.
- ✓ Designed to SUPPLEMENT your food intake in order to meet YOUR special nutrition needs. See the chart below.

COMMODITY		SENIORS
Food Type Package size		60 yrs & over
Canned Meat	24-29 oz.	1
Canned Vegetables	14-16 oz.	4
Canned Fruits	14-16 oz.	2
Cereal	Varies	1
Cheese	2 lbs	1
Pasta or rice or potatoes	2 lbs	1
UHT Fluid Milk 1%	32 oz.	2
Dry Beans	1 lbs	1
Peanut butter	or 18 oz.	
Dry Milk	1.8 lbs.	1
Juice, 100%	64 oz.	2

Available with your food package or at the distribution site are:

- ✓ Recipes and nutrition tips suggesting ways to select adequate diets.
http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm.
- ✓ Information on the use of the supplemental foods and on the nutritional value of the foods. http://www.fns.usda.gov/fdd/programs/csf/cfs_csf.htm.