



# EVERYDAY EATS - COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

## *Senior Food Boxes*

The Commodity Supplemental Food Program (CSFP) works to improve your health, as a senior at least 60 years of age, by supplementing your diet with nutritious USDA foods.

CSFP food boxes are distributed monthly, by local agencies, and contain 9-10 staple food items such as cheese, rice, milk, canned fruits, canned vegetables and peanut butter. **There is no cost to you!**

If you are eligible to receive CSFP, you are automatically eligible to receive The Emergency Food Assistance Program (TEFAP).

**YOU MUST BRING:**

1. Proof of residency (ex. Drivers' license, rental agreement, utility bill etc.),
2. Proof of your age (60 or older), and
3. Must not be receiving a CSFP box at another location; transfers can happen.

**You must have a combined gross income which does not exceed the maximum income limit for the applicable household size below:**

| 2022 Income Eligibility Guidelines     |                          |                         |
|--|--------------------------|-------------------------|
| Household Size                         | Monthly Household Income | Annual Household Income |
| 1                                      | \$1,473                  | \$17,667                |
| 2                                      | \$1,984                  | \$23,803                |
| 3                                      | \$2,495                  | \$29,939                |
| 4                                      | \$3,007                  | \$36,075                |
| 5                                      | \$3,518                  | \$42,211                |
| For Each Additional Family Member, Add | \$512                    | \$6,136                 |

**For more information call or email the Regional Programs Team at**  
 Care and Share Food Bank  
 (719) 528-1247 or [Agencies@careandshare.org](mailto:Agencies@careandshare.org)



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FOOD PROGRAM (CSFP)**  
*Senior Food Boxes*

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**Where:  
Address**

**When:**

**For more information call: Agency Phone Number (If available)**

**WHAT DO YOU NEED TO BRING?**

- Proof of residency
  - Drivers' license, rental agreement, utility bill, etc.
- Proof of your age (60 or older)
  - Drivers' license, State ID, Birth Certificate, Passport, etc.

**\*You must have a combined gross income which does not exceed the maximum income limit for the applicable household size**