

# Do you have a hard time getting enough food to eat?

If so,  
Eastern  
Area Agency  
on Aging  
may be  
able  
to help.



EAAA and the USDA offer the **FREE Commodity Supplemental Food Program (CSFP)**, to help seniors stock their shelves.

CSFP provides a free, 30-pound box of food, (pictured right) monthly, for low-income seniors.



**Each free box contains:**

- Ultra-pasteurized milk
- Juice
- Farina & dry cereal
- Canned meat
- Rice or pasta
- Peanut butter
- Dry beans
- Canned fruits & vegetables

Call EAAA at  
**1-800-432-7812**

if you're 60 or over  
and your monthly  
income is \$1,307  
for one  
or \$1,760  
for a couple.

