

CSFP Sample Food Package Benefit for a Child

The list below is an example of the Maximum Food Package for children to age six (households must meet the income guidelines). This food package is intended to **assist** in proper nutrition; it is not intended to completely feed a person for a month.

Cereal Dry	2 units	18 oz pkg
Tuna Fish	2 cans	12.5 oz
Milk, evaporated	5 cans	12 oz
Instant Non Fat Dry Milk	1 box	25.6 oz *
Peanut Butter	1 can	18 oz
Macaroni	2 pkg	2 lb
Process American Cheese	1 pkg	2 lb
Fruits	2 cans	15-16 oz
Fruit juice	3 cans	64 oz
Vegetables	4 cans	15-16 oz

* given every other month

Source: National CSFP Association