

## CSFP Sample Food Package Benefit for a Senior

The list below is an example of the Maximum Food Package for adults over age sixty (households must meet the income guidelines). The 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
Juice	5 cans	46 oz
Tuna Fish	2 cans	12.5 oz
Evaporated Milk	3 cans	12 oz
Instant Non Fat Dry Milk	1 box	25.6 oz *
Peanut Butter	1 can	18 oz
Macaroni	2 pkg	2 lb
Processed American Cheese	1 pkg	2 lb
Fruits	2 cans	15-16 oz
Fruit juice	2 cans	64 oz
Vegetables	4 cans	15-16 oz

\* given every other month

*Source: National CSFP Association*