



Ashland Christian Emergency Services
507 B Caroline Street, Ashland, VA
804-798-2784

Commodity Supplemental Food Program

Providing Reliable Access to Improved Nutrition for Adults 60 +

The Commodity Supplements Food Program (CSFP) works to improve the health of low-income elderly persons by supplementing their diet with nutritious USDA Foods. CSFP supports seniors' nutritional needs through provision of wholesome food to supplement their diet and help them stretch their food dollars. The population served by CSFP is low-income seniors who can receive a monthly, pre-packaged shelf-stable box of food and a box of cheese.

Who is eligible?

CSFP is program for low-income seniors (130% poverty) at least 60 years of age who meet CSFP eligibility guidelines. All applicants are required to provide proof of age and the street address. The CSFP guidelines must apply but no proof of income is required.

What types of food will I receive?

The food packages consist of 30-35- pounds of food, and may include items such as:

Canned low sodium vegetable

Canned Fruits packed in juice or light
syrup

Pasta, white or brown rice

Shelf-stable and instant dry milk

Canned meat or fish

Dry beans and peanut butter, and

Cheese

What if an applicant is disabled or is home bound?

The CSFP program allows a senior to designate a Proxy to pick up food packages on their behalf if they are unable to come to a distribution site.

CSFP food assistance is provided only to those who meet the CSFP program eligibility requirements.

USDA Nondiscrimination Statement

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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