

Commodities Senior Food Program (CSFP)

The Commodities Senior Food Program is held on the third Thursday of each month from 7:00 AM to 11:00 AM at the Superstition Community Food Bank.

This program provides area seniors with an extra monthly food distribution exclusively for them. To be eligible for CSFP, a person must reside in Arizona, be at least 60 years old, and have a total household income that does not exceed \$1396 for 1 person or \$1888 for 2 people.

For specific requirements visit our website superstitionfoodbank.org/help

Requirements

1

Present Valid ID

- Valid picture ID

2

Acceptable Proof of Residency

- Current bill or rent receipt with your name and address
- Recent mail from a federal government entity within the last 30 days

3

Proxy Letter

Proxy letters are required for someone to pick up food for an incapacitated client.

The letter must include:

- Permission to pick up your food
- Your complete address
- Copy of valid picture ID
- Copy of current bill with your name and address
- Signed and dated by you

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Remember to Stay Active!



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

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To apply please contact Superstition Community Food Bank



OUR CONTACT INFO
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