

Staff & Volunteers: Upcoming Changes to the CSFP Food Box



We are excited to announce that the Commodity Supplemental Food Program (CSFP) has made enhancements to the CSFP food box that will go into effect on November 1, 2019. Changes to the food box were implemented to provide clients with more variety and flexibility and to better align with ChooseMyPlate.gov and current nutrition guidance.

In the enhanced monthly food box, some of the changes you will see include:

- **Double** the amount of vegetables
- **More protein**, including plant-based proteins such as canned and dry beans
- More options within each food category, such as brown rice and soup
- Smaller package sizes of rice, oatmeal, grits, dry beans, and non-fat dried milk that are more appropriate for small households and that allow clients to receive a greater variety of options in their food box each month

A side-by-side comparison of the current food box and the enhanced food box options can be found on the next page. You will notice that due to the reduction of some of the package sizes, clients now have more food options, allowing more variety and flexibility within each food package category.

Second Harvest Heartland will implement the new guide rate beginning November 1, 2019, but it is possible that these changes may gradually occur over time and not all at once. If you have any questions about the changes that have been made to the CSFP food box, please contact us at **651-484-8241** or toll free at **1-800-365-0207**.

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Commodity Supplemental Food Program: Side-by-Side Comparison

Current Monthly Foods	November 2019 Monthly Foods	Comments
Fruits: 2-units (15.5 oz.) Juices: 2-units (64 oz.)	1 juice (64 oz.) and 3-units fruit (15.5 oz.); or 2 juices and 2-units fruit; or 1 juice and 2 units fruit and 1 box raisins (15 oz.); or 2 juices and 1-unit fruit and 1 box raisins	Raisins are a new food. Fruit and juice sizes do not change. Fruit and juice categories combined.
Vegetables: 4-units (15.5 oz.)	8 vegetables (15.5 oz.) or soup (10.5 oz.); or 6 vegetables or soup and 1-unit dehydrated potatoes (1 lb.)	Vegetable soup is a new food. Amount of vegetables doubles. Potatoes issued with the vegetables.
Cheese: 1-unit (2 lb.)	1 unit (2 lb.)	No changes
Milk: 2-units UHT milk (32 oz) and 1-unit instant nonfat dry milk (12.8 oz) or 1-unit nonfat dry milk (25.6 oz) every other month	2 UHT milk (32 oz.); or 1 UHT (32 oz.) and 1 nonfat dry milk (12.8 oz.)	Bimonthly issuance of nonfat dry milk eliminated. May mix milk choices. Can choose all UHT milk or UHT milk and nonfat dry milk.
Meat, Poultry, and Fish: 1-unit beef, beef stew, or chili (24 oz.); or 2 units poultry or fish (10-15 oz)	1 beef, beef stew, or chili (24 oz.) and 1 poultry or fish (10-15 oz.); or 3-units poultry or fish in any combination	An additional unit is offered to participants. Able to choose a mix of shelf-stable meat, poultry, and fish.
Plant-Based Protein: 1-unit peanut butter (18 oz); or 1-unit dry beans (2 lb.)	3 peanut butter (16 oz.), canned beans (15.5 oz.), dry beans (1 lb.), or dry lentils (1 lb.) in any combination	Canned beans and dry lentils are new foods. Peanut butter changed to 16 oz. size. Dry beans changed to 1 lb. size. Vegetarian beans are moved to this category.
Cereals: 2-units dry cereal (12-18 oz); or 2-units farina (18 oz); or 1-unit rolled oats (42-48 oz); or 1-unit grits (5 lb.) every other month	2 dry cereal (12-18 oz), farina (18 oz), rolled oats (18 oz.), or grits (2 lb.) in any combination	Grits changed to 2 lb. size. Oats changed to 18 oz size. Bimonthly issuance of grits eliminated. May mix cereal choices. Grits issued with cereals.
Pasta and Rice: 1-unit dehydrated potatoes; or 2-units pasta (1 lb.); or 1-unit rice (2 lb.); or 1-unit grits (5 lb.) every other month	2 pasta (1 lb.) or white or brown rice (1 lb.) in any combination	Brown rice is a new food. Rice changed to 1 lb. size. Dehydrated potatoes issued with vegetables.

**Programs may continue to distribute any remaining larger package sizes until inventories are depleted.*



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