

## For Our Volunteers: Upcoming Commodity Supplemental Food Program Changes

As a Commodity Supplemental Food Program (CSFP) Assembly Line volunteer, **thank you** for your dedication to our mission to end hunger! We value your contributions and want to keep you up to date on some upcoming changes.

### 1. We will be adding more product to the CSFP boxes we distribute!

We are excited to announce that the USDA 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 current nutrition guidance. In the **enhanced monthly food box**, some of the changes will 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



A side-by-side comparison of the current food box and the enhanced food box options can be found on the next page. If you have any questions about the changes, please contact us, and we can connect you with our CSFP team.

To add the additional product, we will be adding adjusting some set up of the assembly line. We appreciate your patience & flexibility as we test out new configurations.

### 2. **Starting October 1, CSFP Assembly Line Grocery Packing shift times will change slightly.** To allow more timing options and a more consistent staff schedule, we are shifting the days during the week that we offer volunteer shifts. CSFP Assembly Line shifts will alternate between Tuesday or Wednesday each week, and shifts will also occur on Friday each week, except for the 3<sup>rd</sup> week of the month there is a Saturday shift instead.

#### One week

*Tuesday:* 2-4pm shift; 5:30-7:30pm shift

*Friday:* 9-11am shift; 2-4pm shift (3<sup>rd</sup> week of month- no Friday; Saturday shifts instead)

#### Opposite week

*Wednesday:* 2-4pm shift; 5:30-7:30pm shift

*Friday:* 9-11am shift; 2-4pm shift (3<sup>rd</sup> week of month- no Friday; Saturday shifts instead)

## Commodity Supplemental Food Program: Side-by-Side Comparison

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

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