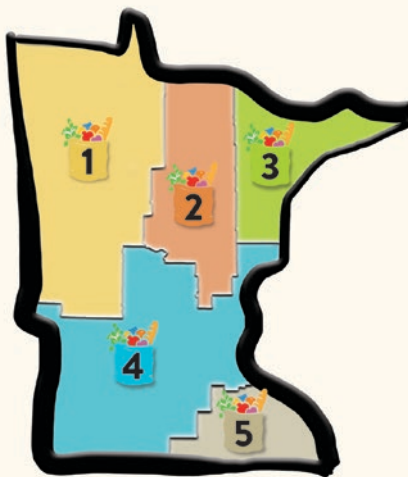


# WHERE DO I Pick Up

Simply call the CSFP office  
that serves your county.

CSFP is distributed at more  
than 200 sites around Minnesota  
each month, with **Customer  
Choice Shopping** at select sites.



## NORTHWEST



BECKER • BELTRAMI • CLAY •  
CLEARWATER • DOUGLAS • GRANT •  
HUBBARD • KITTSOON • LAKE OF THE  
WOODS • MAHNOMEN • MARSHALL •  
NORMAN • OTTER TAIL • PENNINGTON •  
POLK • POPE • RED LAKE • ROSEAU •  
STEVENS • TRAVERSE • WADENA • WILKIN

**North Country Food Bank •  
East Grand Forks**

[www.northcountryfoodbank.org](http://www.northcountryfoodbank.org)  
877-281-3272 • 218-399-7356

## NORTH CENTRAL



AITKIN • CASS • CROW WING •  
ITASCA • KANABEC • KOOSICHING •  
MILLE LACS

**Second Harvest North Central Food Bank •  
Grand Rapids**

[www.secondharvestncfb.com](http://www.secondharvestncfb.com)  
218-999-4136

## NORTHEAST



CARLTON • COOK •  
LAKE • ST. LOUIS

**Second Harvest Northern Lakes  
Food Bank • Duluth**

[www.northernlakesfoodbank.org](http://www.northernlakesfoodbank.org)  
888-727-5653 • 218-727-5653 ext. 112

## TWIN CITIES, CENTRAL & SOUTHWEST



ANOKA • BENTON • BIG STONE •  
BLUE EARTH • BROWN • CARVER •  
CHIPPEWA • CHISAGO • COTTONWOOD •  
DAKOTA • HENNEPIN • ISANTI • JACKSON •  
KANDIYOHI • LAC QUI PARLE • LE SUEUR •  
LINCOLN • LYON • MARTIN • MCLEOD •  
MEEKER • MORRISON • MURRAY •  
NICOLLET • NOBLES • PINE • PIPESTONE •  
RAMSEY • REDWOOD • RENVILLE • ROCK •  
SCOTT • SHERBURNE • SIBLEY • STEARNS •  
SWIFT • TODD • WASHINGTON •  
WATONWAN • WRIGHT • YELLOW MEDICINE

**Customer Choice Shopping** is available  
at the following CSFP distribution sites:

**Second Harvest Heartland**

[www.2harvest.org/csfp](http://www.2harvest.org/csfp)  
800-365-0270 • 651-484-8241

**Anoka County Brotherhood Council**

[www.acbcfoodshelf.com](http://www.acbcfoodshelf.com)  
763-422-0046

## SOUTHEAST



DODGE • FARIBAULT • FILLMORE •  
FREEBORN • GOODHUE • HOUSTON •  
MOWER • OLMSTED • RICE • STEELE •  
WABASHA • WASECA • WINONA

**Channel One Food Bank • Rochester**

[www.helpingfeedpeople.org](http://www.helpingfeedpeople.org)  
877-500-8699 • 507-424-1704



**CSFP**  
COMMODITY SUPPLEMENTAL FOOD PROGRAM  
NUTRITION FOR SENIORS

CSFP is a United States Department of Agriculture  
supplemental food and nutrition program designed  
to provide healthy, nutritious food monthly  
at no cost to eligible individuals.



**DEPARTMENT  
OF HEALTH**

Minnesota Department of Health  
PO Box 64882  
Saint Paul, MN 55164-0882  
651-201-4404 • 1-800-657-3942  
[www.health.state.mn.us/people/csfp](http://www.health.state.mn.us/people/csfp)

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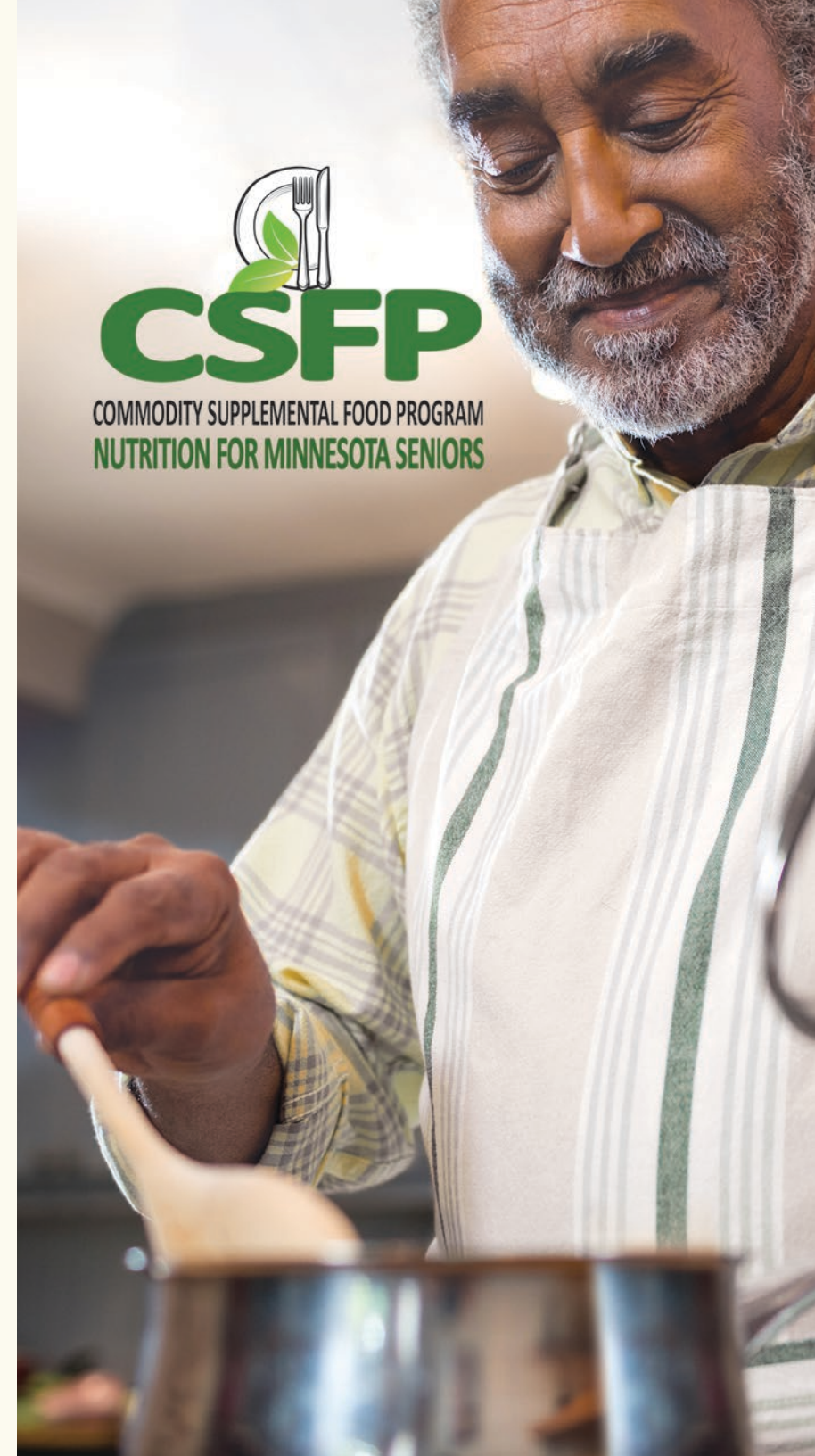
Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint 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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



**CSFP**  
COMMODITY SUPPLEMENTAL FOOD PROGRAM  
NUTRITION FOR MINNESOTA SENIORS







Enhance your monthly groceries with **free** foods nutritionally chosen just for Seniors to improve your health!

## AM I Eligible

### YOU ARE ELIGIBLE, IF YOU:

- Are 60 years or older.
- Prepare your own meals and do not live in a facility that provides meals.
- Live in Minnesota.
- Meet income guidelines.

*Most seniors qualify. Apply online to see if you meet income guidelines.*

### ■ SCAN QR CODE



### ■ BY PHONE

Call the food bank in your region.

### ■ ONLINE AT

[health.state.mn.us/people/csfp](https://health.state.mn.us/people/csfp)

## HOW DO I Apply

Your county's local agency will call you with more information, including pick up location. There are more than 200 sites statewide.

You, or someone you choose, may collect your food at a site in your county once every month.

# Nutrition For Seniors

COMMODITY SUPPLEMENTAL  
FOOD PROGRAM

## WHAT I WILL Receive

### WHOLE GRAINS

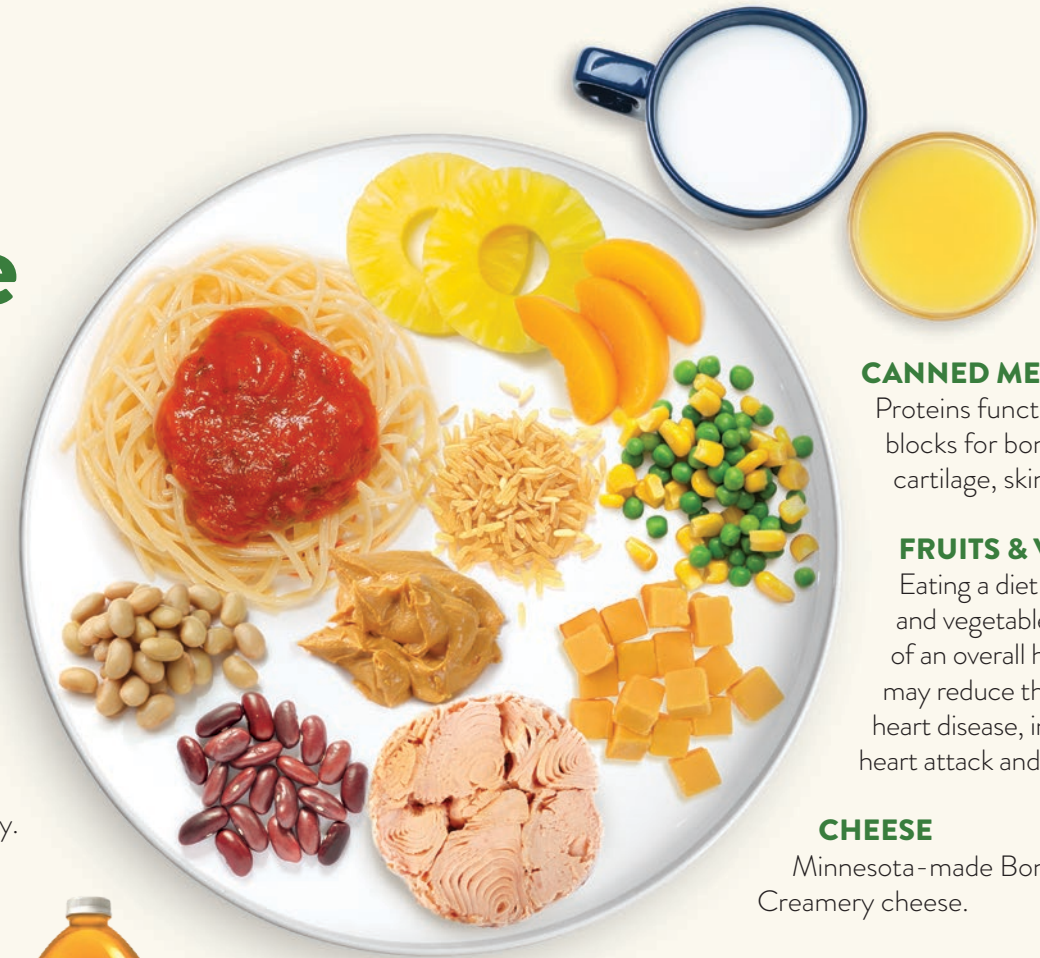
Dietary fiber may help lower risk of heart disease, obesity, and type 2 diabetes.

### SHELF-STABLE MILK

Dairy helps maintain healthy bones and teeth as you get older.

### PLANT-BASED PROTEINS

Beans provide nutrients like zinc that help the immune system work properly.



### CANNED MEATS

Proteins function as building blocks for bones, muscles, cartilage, skin, and blood.

### FRUITS & VEGETABLES

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.

### CHEESE

Minnesota-made Bongards Creamery cheese.



AVERAGE  
MONTHLY VALUE

*Some foods may vary monthly.*

# \$55