

WHAT IS CSFP?

The Commodity Supplemental Food Program (CSFP) offers a supplemental food package to low-income, senior adults 60 years or older. The monthly food package contains a variety of foods with important nutrients for older adults including protein; calcium; iron; vitamins A, C, and D; and Fiber. USDA foods in CSFP align with the Dietary Guidelines for Americans and contain reduced amount of sodium, saturated fat, and added sugar.




Contact Us

Office: (509) 925-5990 Ext. 1008

Direct: (509) 312-8079

Email: Laura.S@kvfish.org

 804 Elmview Rd
Ellensburg, WA 98926
Monday-Thursday
8:00am-4:00pm
Fridays 8:00am-12:00pm

www.kvfish.org

FISH

KITITITAS COUNTY'S FOOD RESOURCE

COMMODITY SUPPLEMENTAL FOOD PROGRAM



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, disability, age, reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider and employer.

INCOME ELIGIBILITY

Household Size Annual Income Monthly Income

1	\$22,590.00	\$1,883.00
2	\$30,660.00	\$2,555.00
3	\$38,730.00	\$3,228.00

150% of Federal Poverty Line

Free Home Delivery!

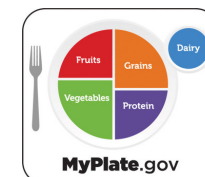
HOW DO I APPLY?

Choose an option convenient for you

- You may apply by coming in to the FISH office to complete an application during our regular hours. Bring ID to verify age and address. *(Information available at Open Table 204 N Main St.)*
- You may request a link to do it online. *(You will need a valid email address)*
- You can scan the QR Code below and request a call to help you enroll.
- Schedule a home visit appointment if you are homebound or unable to come in to our office due to transportation.



NUTRITION BENEFITS



The CSFP food package provides: protein, iron, Vitamins A, C and D, and other nutrients that promote health.

- Canned and dried fruit with no sugar added or lightly sweetened
- Canned vegetables-low sodium or no salt added
- Low fat dairy-cheese and shelf stable milk
- Whole Grains-oats, grain pasta, rice and cereals
- Variety of protein-beans, lean meats, poultry and fish rich in Omega-3

Shelf-Stable Foods Contribute to a Nutritious Meal Plan

A common misconception is that shelf stable foods are not healthy. Canned fruits and vegetables can be just as nutritious as their fresh or frozen forms in fact:

- Fruits and vegetables are usually canned within hours after harvest, harnessing their peak freshness and ensuring the best nutrient quality.
- Canning preserves many nutrients. For example, canned tomatoes have more lycopene and B Vitamins than fresh tomatoes.
- Canning helps make fiber in certain vegetables like beans, more soluble and more useful to the body.