

## Commodity Supplemental Food Program Food Packages

### Distribution Rates for Senior Citizens

STANDARD DIET	Seniors 60+ Years
Cereal: Dry Ready to Eat (12–18 oz pkg) or Farina (14 oz pkg) or Rolled Oats (3 lb pkg)	2 or 2 or 1
Juice (64 oz plastic)	2
*Tuna (12 oz) or *Chicken (12.5 oz, 16 oz) or *Salmon (14.75 oz) or Beef, or Beef Stew or Chili (24 oz can)	2 or 2 or 2 or 1
Cheese (2 lb)	1
Milk: UHT Fluid Milk 1% (32 oz) Milk: Nonfat Dry	2 and
**Dry Beans (2 lb pkg) or **Peanut Butter (18 oz can/jar)	1 or 1
***Spaghetti, Rice (2 lb pkg) or ***Macaroni, Rotini, (1 lb pkg)	1 or 2
Fruits (various sizes) Vegetables (various sizes)	2 4

\*\* It is suggested to alternate the beans and peanut butter monthly.

\*\*\* Pasta distribution rate is two 1 lb. packages or one 2 lb. package.

**All Food Centers are open Monday through Friday except holidays. Monday–Thursday: 9 a.m.–5 p.m., Friday: 9 a.m.–noon.**

<b>DETROIT WEST</b> 1300 Oakman Blvd. at 14 <sup>th</sup>	Phone 313.494.4600
<b>DETROIT EAST</b> 9151 Chalmers near Harper	Phone 313.494.4600
<b>DETROIT SOUTH</b> 6353 West Vernor at Livernois	Phone 313.494.4600
<b>DETROIT MAIN</b> 1200 Oakman Boulevard, Building B	Phone 313.494.4980 (Agencies Only)
<b>INKSTER</b> 759 Inkster Rd. north of Michigan Avenue	Phone 313.494.4600
<b>PONTIAC</b> Satellite Centers are available for Wayne, Macomb, Oakland & Washtenaw Counties.	Phone 313.494.4600 for more information.