

# Want to Stretch Your Food Budget? Are you 60 years or Older?

The New Hampshire Commodity Supplemental Food Program (CSFP) helps you stretch your food budget. The value of the food you receive is about \$50.00 per month.

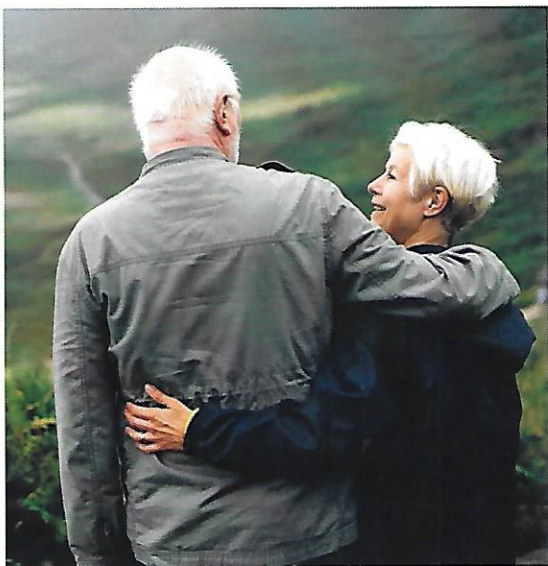
Your shelves could  
be stocked like  
this every month—  
for free!

This is an average food package for one month for a Senior, and it could be yours if you enroll in CSFP. CSFP is available statewide in New Hampshire to Seniors who are income eligible.



TO SEE IF YOU QUALIFY AND HOW  
CSFP CAN HELP YOU MEET YOUR  
GROCERY NEEDS  
PLEASE CALL **1-800-529-0005** FOR  
MORE INFORMATION.

Southwestern Community Services serves  
Cheshire and Sullivan counties. Please call  
to find the nearest distribution site for you.



**PEOPLE HELPING PEOPLE**  
Southwestern Community Services

This institution is an equal opportunity provider.