



Welcome to the Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) provides adults over 60 with nutritious foods from the U.S. Department of Agriculture. Monthly CSFP food boxes contain nine to ten food items. These items are not meant to provide a complete diet, but are a good source of nutrition for older adults. When you receive a box, you should be the only one eating these food items so that you get the full nutritional benefit.



CSFP is one of many resources available to help seniors in Washington State stay healthy. Your local Area Agency on Aging or Senior Center can help you find more resources in your area. Below are some important resources available to help you stay safe and healthy.



Washington State Department of Social and Health Services

The Department of Social and Health Services (DSHS) can help you with food, cash, long-term care, and medical assistance if you qualify. For more information and to apply for services:

- Visit your local DSHS Community Services Office.
- Call 1-877-501-2233.
- Apply online at washingtonconnection.org.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is an equal opportunity provider.

Social Security Administration

You can apply for both Medicare, and Supplemental Security Income (SSI) on the Social Security Administration's (SSA) website. For more information, to see if you qualify, or apply for services:

- Visit your local Social Security Office.
- Call 1-800-772-1213 (TTY 1-800-325-0778).
- Apply online at ssa.gov.



Energy Assistance Program

Washington State Low Income Home Energy Assistance Program (LIHEAP) helps low-income Washingtonians pay their heating bills during the winter months. For more information, or to see if you qualify:

- Call 360-725-2857.
- Email LIHEAP@commerce.wa.gov.

Northwest Justice Project

Legal aid is available for seniors in Washington State. To find out more, call 1-888-587-0252, or visit their website at nwjustice.org.

Elder Abuse Hotline

To report abuse, neglect, or exploitation, call the Elder Abuse Hotline at 1-866-363-4276.

Do you need this publication in an alternate format?
Please call the WSDA receptionist at 360-902-1976 or TTY 800-833-6388.