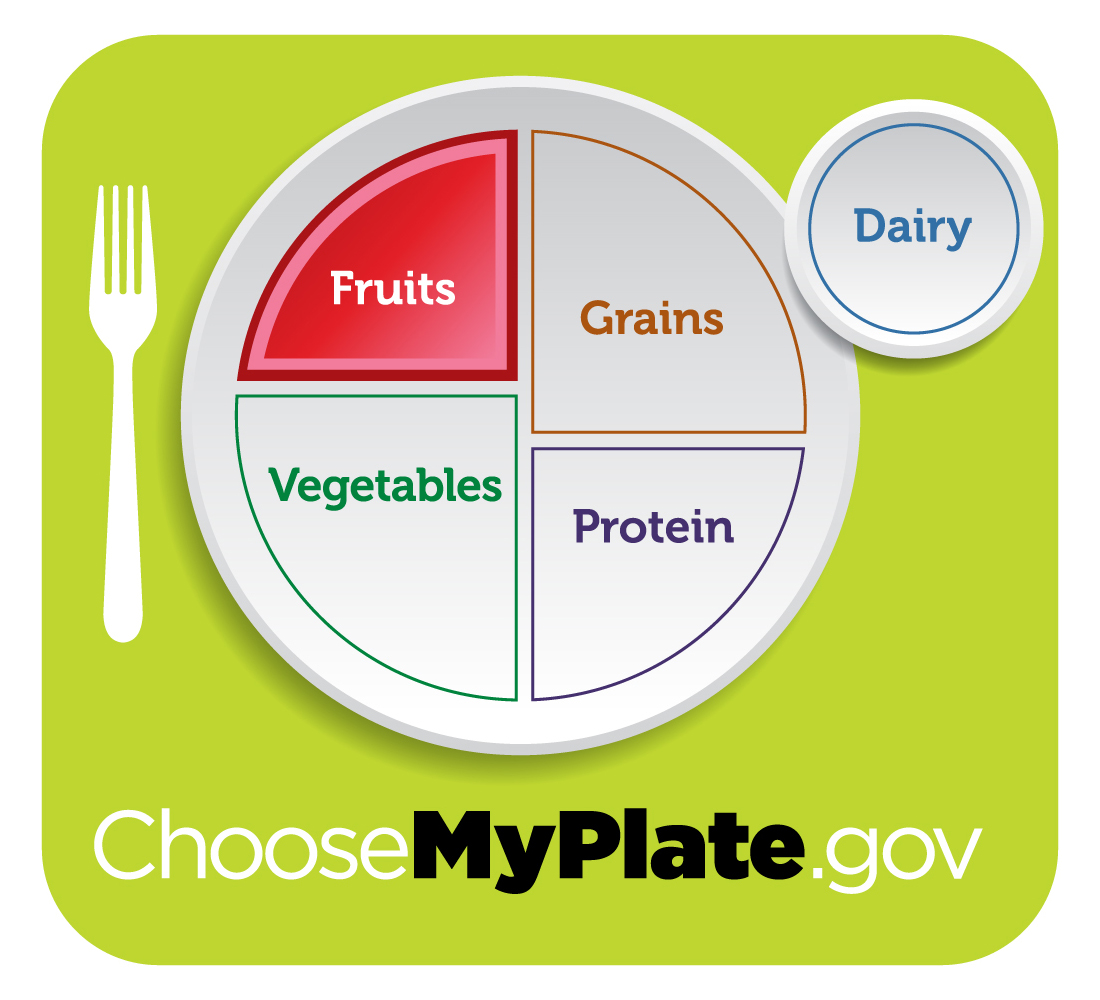
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|  | **FREESTORE FOODBANK**  **CSFP (Senior Box) Operations Manual** |
| Basics |
| Contents of Boxes |

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| **Information** |

Food packages include a variety of foods, such as nonfat dry and ultra-high temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.

Freestore Foodbank ensures that all products that are contained within the CSFP Box meet the above guidelines in addition to all recommendations from Choose My Plate. Click on the image below to go to Choose my Plate for more information.

[](https://www.choosemyplate.gov/)