

**Go ahead, spend your  
grocery money on the  
foods you love.**

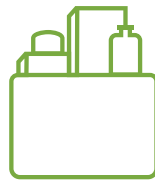
## **We'll cover the staples.**

If you're 60 or older, with Vermont Foodbank and CSFP\*, you can save money on groceries and eat the nutritious, tasty foods you love.



**FREE**

enrollment with the  
help of a friendly  
Vermont Foodbank  
representative!



**FREE**

box of food each month  
with nutritious items  
like cheese, pasta and  
vegetables!



**FREE**

delivery to designated  
locations throughout  
Vermont, and, you can  
have a friend or family-  
member pick up your  
food for you!



For more information, call 800-214-4648  
or visit us on the web at [vtfoodbank.org/csfp](https://vtfoodbank.org/csfp).

\*CSFP is a federal nutrition program that offers free monthly boxes of food filled with canned fruits and vegetables, juice, cereal, pasta, cheese, shelf-stable milk and canned meats. CSFP participants can utilize additional federal nutrition programs such as 3SquaresVT. Income restrictions apply, visit [vtfoodbank.org/csfp](https://vtfoodbank.org/csfp) for details. The Vermont Foodbank is an equal opportunity employer.