

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

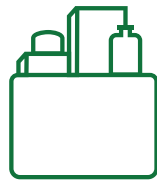
## We'll cover the staples.

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.