



The **Commodity Supplemental Food Program (CSFP)** is a federal program that helps improve the health of low-income seniors by supplementing their diets with nutritious USDA commodity food. Once a month, qualifying participants receive a 30-pound box of shelf-stable food and USDA cheese.

To qualify, individuals must be at least 60 years of age, provide identification, be an Oklahoma resident within the Spencer area and have a household income that does not exceed 130% of the Federal Poverty Income Guidelines.

**Sign up for the program at the  
Spencer Senior Center,  
8306 McCoy Drive,  
on the following dates:**

**Thursday, Oct. 6**  
10 a.m. to noon and 5 to 7 p.m.

**Friday, Oct. 7**  
10 a.m. to noon

For additional information, contact Cecilia Taft at 405-771-3226.