

# Monthly Food Boxes for Seniors



Wayside Food Programs is pleased to offer a monthly supply of pantry staples to Cumberland, Oxford and York County residents age 60 +

## What's in the box?

Juice	64 ounce bottle (x2)
Peanut Butter	16 oz jar
Milk – 1% Shelf Stable	1 quart (x2)
Cheese*	2lb block
Cereal	2 boxes
Canned vegetables	4 assorted cans
Canned Fruit	2 assorted cans
Rice/Lentils/Pasta	Bag or box
Protein (ie salmon, tuna, beef stew)	2 cans
Nonfat dry milk (every 2 months)	1 lb. bag

\*This item needs to be refrigerated.

The Commodity Supplemental Food Program is sponsored by the USDA and managed by Wayside Food Programs

