



United States Department of Agriculture

CSFP Food Package Enhancements

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**USDA
Foods**



**Commodity
Supplemental
FOOD PROGRAM**

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Overview

- CSFP Food Package Review Process
- Summary of Changes
- Changes by Food Package Category
- Ordering Tool Demo
- Test Your Understanding
- Table Discussions



CSFP Food Package Review Process

- 2014 Farm Bill phased out participation of women, infants, and children in CSFP, transitioning it to a seniors-only program
- FNS conducted a comprehensive CSFP food package review in 2017
- Convened Workgroup of State/local agency representatives and FNS staff to provide input
- Workgroup considered any changes to the food package based on both nutrition and operational factors

CSFP Food Package Review

Workgroup Data Sources Included:

- Nutrient and Food Group Analysis of USDA Foods and Nutrition Programs- 2014
- CSFP Program Ordering Trends
- Listening Session Feedback
- NCSFPA Food Package Survey
 - 300 State/local agency responses
 - 1000+ program participant responses

CSFP Food Package Review Workgroup



Overview of Changes



- Effective November 1, 2019
- Changes to types and quantities of foods offered in the food package
- Changes to streamline local program administration
- Category reorganization to better align with MyPlate

Summary of Changes



- Increased quantity of vegetable and protein items issued
- Increased variety of options by offering smaller package sizes of grains, dried beans, and non-fat dried milk
- Offers programs more flexibility to customize choices in each food package category
- Adds new nutritious food options, such as brown rice, canned beans, and vegetable soup

Changes by Food Package Category



Effective November 1, 2019

Fruits and Juice Category



- Combined fruit and juice categories to provide more flexibility to program sites
- New Option: Raisins (100295)
- Programs should decide if they are going to offer 1 or 2 juices
 - If 2 juices, then provide 2 fruits
 - Or 2 juice, 1 fruit and 1 box of raisins
 - If 1 juice, then provide 3 fruits
 - Or, 1 juice, 2 fruits and 1 box of raisins

Vegetable Category



- Units Issued **Double** from 4 to 8
- New Options: Vegetable Soup (100321) & Dehydrated Potatoes (100337)
- Vegetarian Beans (100363) moves to Plant-Based Protein
- Issue 8 cans vegetables or soup
 - Or issue 6 cans vegetables or soup and 1 package dehydrated potatoes

Milk and Cheese Categories



- Milk Category- New Flexibility
 - 2 UHT
 - OR
 - 1 UHT & 1 Non-fat Dry Milk (12.8 oz)
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- Cheese Category – No Changes

Plant-Based Protein Category



- Increased issuance to 3 (1 pound) units of any combination
- Reduced package size of dried beans to increase variety
 - New Pack Sizes: 1 lb dry beans (111068, 111063, 111067, 111080) & 16 oz peanut butter (111081)
- New Options: Dry Lentils (111102), Canned Black Beans (110020), Pinto Beans (110021) or Kidney Beans (100372)
 - Deplete 2 lb. dry beans (100378, 100380, 100382, 100385)

Meat, Poultry, and Fish Category



- Additional unit of protein to allow increased variety
 - 3 units 10-15 oz (chicken, tuna, salmon)

OR

- 1 unit 24 oz (beef, beef stew, chili) AND 1 unit 10-15 oz

Pasta and Rice Category



- Reduced package size of rice to allow increased variety
 - New Pack size: 1 lb white rice (111075)
 - Deplete 2 pound packages
- New Option: Brown Rice (111083)
- Issue 2 (1 pound) units in any combination of rice or pasta

Cereal Category

- Reduced package size of oats and grits to allow additional variety
 - New pack sizes: 18 oz oats (111074) and 2 lb grits (111082)
 - Deplete 42 oz oats (100465) & 5 lb grits (100470)
- Issue 2 units any combination of cereal, farina, oats (18 oz) or grits (2 lb)
- Grits are included in cereal category only



Evaluate Current Inventory Levels



- Complete an Inventory Calculator (optional)
 - Review the FNS webinar if needed: <https://www.youtube.com/watch?v=H0UFNV1oc48&feature=youtu.be>
- Use most recent FNS-153
- Include orders through September
- How long will inventory on hand last?

Plan for Your Needs



- CSFP Ordering Tool
 - Enter state (or local agency) and caseload
 - Make choices about your distributions in each category
- Demo of Ordering Tool



CSFP Food Package: Test Your Understanding



True/False Question 1

- It is mandatory that my program offer a variety of items in each Food Package category
- False. Food packages must meet the issuance requirements in the Maximum Monthly Distribution Rate. If you only have one type of cereal on hand, providing two boxes of that cereal will meet the distribution rate. However, USDA *encourages* programs to provide a variety of options in each food package category (e.g. two different types of cereal).

Goal of Food Package Distribution Rate

- Food Group Balance
 - Consistency
 - Flexibility
-
- Food Package Distribution Rates ensure CSFP distribution sites meet program requirements
 - It is up to States/local sites to ensure that clients receive a variety of items that they can use to prepare meals

True/False Question 2

- Due to a limited number of items available in the food package, it's not possible to offer a different food package every month of the year
- False- In the vegetable category alone, you can make 495 different combinations that include 8 different vegetable choices. That means for the next 41 years, you could provide a different combination of 8 vegetables each month!

Why is Variety Important

- Nutritional Needs
- Meal Planning
- Program Value



True/False Question 3

- CSFP Packages *should* be planned at least 3 months in advance to ensure we get the items needed to meet the Food Package requirements.
- True. It is important to plan orders in advance to ensure you can get the food you need, your warehouse/storage area is prepared for the number and quantities of items that will be coming in, and the volunteer packing guide is updated with the appropriate items.

Best Practices to Achieve Variety

- Develop a monthly calendar that outlines which items to include in the package
- Plan for variety in each food package category that permits (e.g. four different fruits/juices, three different plant-based proteins)
- Provide a customized packing guide each month for volunteers/staff that are assisting the program to know specifically what to include

Sample Packing Menus

January			February		
<i>Fruits</i>	<i>Vegetables</i>	<i>Protein</i>	<i>Fruits</i>	<i>Vegetables</i>	<i>Protein</i>
Grape Juice	Corn	Beef	Orange Juice	Peas	Chili
Peaches	Corn	Chicken	Tomato Juice	Diced Tomatoes	Tuna
Plums	Potatoes		Applesauce	Carrots	
Mixed Fruit	Spaghetti Sauce	<i>Plant-based Protein</i>	Apricots	Carrots	<i>Plant-based</i>
	Sweet Potatoes	Black beans,		Mixed Vegetables	Kidney beans, dry
<i>Grains- Cereal</i>	Green Beans	Pinto beans,	<i>Grains- Cereal</i>	Green Beans	Black beans,
Corn Flakes	Mixed Vegetables	Peanut butter	Bran Flakes	Green Beans	Pinto beans,
Farina	Spinach		Rice Crisp	Potatoes	
		<i>Dairy</i>			<i>Dairy</i>
<i>Grains- Pasta/Rice</i>		UHT Milk	<i>Grains- Pasta/Rice</i>		UHT Milk
White Rice		UHT Milk	Brown Rice		Nonfat Dry Milk
Whole Grain Rotini		Cheese	Spaghetti		Cheese

True/False Question 4

- The CSFP food package must include the same items for each participant.
- False. The CSFP Food Package has to include all of the required components included in the guide rates, but there are various ways to adapt the packages to meet the unique needs of each client or use remaining inventory.

Ways to Customize Food Packages

- Pre-pack three different food package options each month. Inform clients of the contents in each box and allow them to select the box that meets their needs/preferences.
- Provide a list of items that clients can select from and custom-pack for each client (best for small programs).
- Set up your program as a “client choice” or “store” model where participants can walk around and select their own options to meet the food package requirements.

CSFP Food Package Table Discussions



Table Discussions

- How is your program planning to incorporate the new food options and package flexibilities? How will you get feedback from clients to ensure the food offered meets their needs?
 - New products and package sizes will be available starting in October 2019. How are you working to deplete existing inventories to accommodate new items and package sizes? How are you working with your warehouse/storage space to prepare for this transition?
 - How do you plan to adapt program documents and trainings to ensure clients and staff are prepared for the changes? What methods are you using to inform participants of the changes?
 - Do you plan to make any changes to the physical boxes/bags you will use after November 1? If yes, how are you preparing for these changes?
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CSFP Food Package Toolkit Features



In November 2019, the CSFP Food Package will be enhanced with new items, additional flexibilities, and increased quantities in some food package categories. Use these resources to plan and prepare for the transition later this year when the enhanced CSFP food package is implemented in your state or community!

These enhancements have been made in collaboration with our CSFP community. Thank you to our state and local partners who participated in the CSFP Food Package Work Group in 2017 and to the many other CSFP stakeholders who weighed in during listening sessions at the 2017 NCSFPA Annual Conference and through other feedback mechanisms.

What is the enhanced CSFP Food Package?

- [CSFP Food Package Monthly Distribution Rates](#)
- [New Food Options Coming Soon to CSFP](#)
- [Side-by-Side Comparison Chart of the Current Food Package and the Enhanced Food Package](#)
- [Side-by-Side Visual Summary of CSFP Food Package Changes](#)
- [One-Page Handout for Clients: Changes Coming Soon to Your Food Package](#)
- [One-Page Handout for Staff & Volunteers: Upcoming Changes to the CSFP Food Package](#)

Webinars

We will be offering several webinars this year to help you understand and prepare for these changes. If you would like to receive announcements for these webinars, sign up for our GovDelivery email list by selecting the topic "Webinars - CSFP." We will post the webinar recordings on this page when they are available.

- [Webinars - CSFP](#)

Stay Informed

New resources will be added to this CSFP Toolkit in the coming months, so be sure to check back! If you would like to receive monthly updates about tools, tips, and training opportunities related to the enhanced CSFP food package, sign up for our GovDelivery email list by selecting the topic "CSFP Food Package Updates."

- Resources
- Webinar Information and Recordings
- Sign up for our "CSFP Food Package Updates" List

www.fns.usda.gov/csfp/csfp-food-package-toolkit

Want More CSFP Updates?

- Sign up for CSFP food package updates and upcoming webinars by using the red envelope at the top of the Food Distribution page:



- Go to “Food Distribution” section and select:
 - ✓ CSFP
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Questions?

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