

FOCUS: HOPE FOOD PROGRAM

Commodity and Supplemental Food Center

Volunteers from around the Metropolitan Detroit Community come to Focus: HOPE to help pack and deliver food boxes for over 40,000 seniors a month. The food boxes offer our Seniors (60 years and older who meet the federal low-income guidelines), a nutritional low-sodium diet to help supplement their daily food needs. Come join us and help support our Food Program by either volunteering to pack a food box or deliver to our homebound seniors. You can either sign up as a group or adopt a senior citizen. For more information on the Commodity Supplemental Food Program please call (313) 494-4600

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at <https://www.ocio.usda.gov/document/ad-3027>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail:

U.S. Department of Agriculture -
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

Fax:

(833) 256-1665 or (202) 690-7442

Email:

program_intake@usda.gov

This Institution is an
equal opportunity
program.



FOCUS: HOPE

1300 Oakman Blvd
Detroit, MI 48238

(313) 494-4600

www.focushope.edu

Mon-Thurs 8am to 4pm

Fridays 8am to 12pm



Facebook: @focushope

Twitter: @Focus_Hope

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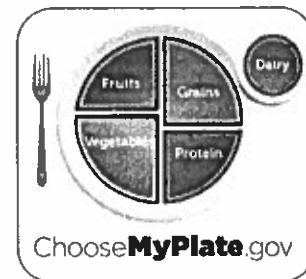
Nutrition Benefits of the Commodity Supplemental Food Program

As we age, eating well can make a positive difference in our health and how we feel. Healthy foods and beverages can increase our energy levels, improve digestion, and help prevent chronic disease. The Commodity Supplemental Food Program (CSFP) provides a monthly food package tailored for older adults, age 60 or above, that can help stretch your food dollars and add nutritious foods to your diet for good health.

USDA Foods Fit

CSFP offers a variety of American-grown USDA Foods that can fit into your healthy eating pattern:

- Canned and dried fruits – unsweetened or lightly sweetened
- Canned vegetables – low sodium or no salt added
- Low fat dairy – cheese and shelf stable milk
- Whole grains – oats, whole grain pasta, rice, and cereals
- Variety of proteins – beans, lean meats, poultry, and fish



The CSFP food package provides:

- Protein, calcium, iron, vitamins A, C, and D, and other nutrients that promote health
- Low sodium foods to support heart health

If you have special dietary needs, check with your doctor or Registered Dietitian about how these foods can fit into your healthy eating pattern.

Learn More

- [MyPlate for Older Adults](#)
- [USDA Foods Product Information Sheets and Recipes](#)
- [USDA CSFP Sharing Gallery: Recipes and Cookbooks](#)



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The Focus: HOPE Commodity Supplemental Food Program works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious USDA Foods in the Wayne, Oakland, Macomb and Washtenaw counties.



For additional information on distribution locations and enrolling please contact the Focus: HOPE Commodity Supplemental Food Program at (313) 494-4600.

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