

CSFP Newsletter

Philabundance June 2014



The Commodity Supplemental Food Program is a Federal Food Program that is designed to improve the health and nutrition of Senior Citizens by providing a balanced mix of healthy foods each month to add to their home pantries.

Annual Certification Time!

It's Annual Certification time, which means any form you may have filled out in the past to participate in the program is now expired. The agency where you pick up your box should have already asked you to bring in your proof of income and a form of ID so that you can fill out a new form with them. If no one has mentioned anything about this to you, you should ask your rep about getting annually certified. You can even take your proof of income and a form of ID with you the next time you pick up your box to make the process go faster. We encourage you to be your own advocate!

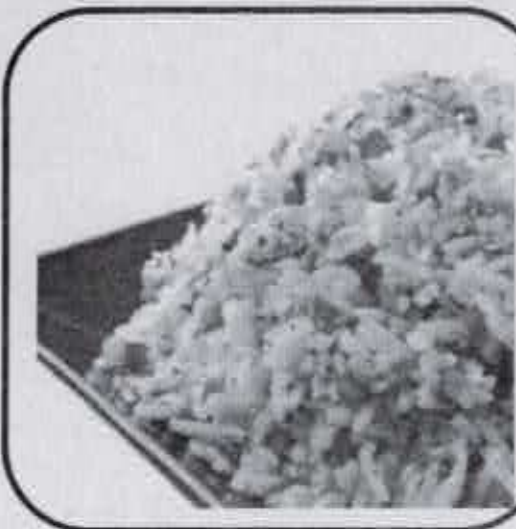
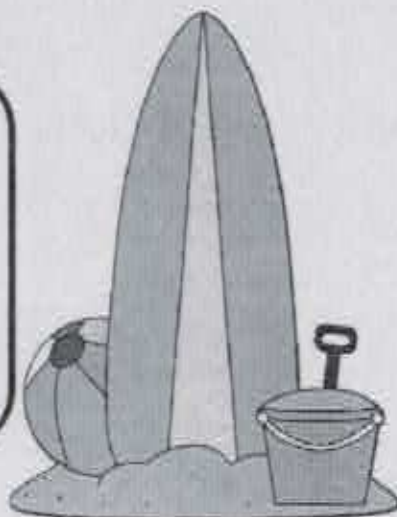
Confetti Chicken

Ingredients:

- 1 Tbsp. olive oil
- 1 large onion, diced
- 1 cup **CSFP rice**, uncooked
- 2 cans **CSFP chicken**, drained
- 2 (14.5 oz) cans chicken broth
- 1 can **CSFP corn**, drained
- 2 cans **CSFP diced tomatoes**
- 1 can **CSFP peas**, drained
- 2 cups **CSFP cheese**, shredded

Method:

1. In a large sauce pan over medium heat, sauté onion in olive oil. Add rice and stir until browned, about 5 minutes.
2. Add the chicken. Cook for 5 minutes. Add remaining ingredients except for American cheese.
3. Reduce heat to low. Cover and heat for 20 minutes, or until rice is cooked. Top with cheese, then serve! (Serves 6)



Per Serving:

Calories	Fat	Cholesterol	Sodium	Carbs	Sugar	Fiber	Protein
196	6.2g	7mg	829mg	27g	5.2g	3.7g	9.3g



The Commodity Supplemental Food Program (CSFP) is an Equal Opportunity Provider. All qualified persons have an equal opportunity to participate in the program regardless of race, color, national origin, sex or handicap.