

Recent improvements to the food package and commodity foods issued by the CSFP (Commodity Supplemental Food Program) include moving toward eating foods with lower fat, lower sodium and sugar and increasing consumption of whole grains and fat free or lowfat dairy products. These changes are welcome as the Program continues to serve a nutritionally vulnerable population while moving toward compliance with the recently issued 2010 Dietary Guidelines for Americans.

- Cheese is low fat and beginning this summer will have a lower sodium content
- Amount of sodium in canned vegetables has been lowered
- Canned fruit is packed in water or juice, applesauce is unsweetened
- Whole grain rotini has been added as a pasta option
- Whole wheat bran flakes and rolled oats are cereal choices
- Cereals are very low sugar
- Beginning this summer full fat evaporated milk will be replaced with lowfat ready to drink shelf stable milk

Recent CSFP Food Package Improvements

- In 2011, USDA began offering one percent ultra-high temperature fluid milk (UHT milk) to replace evaporated whole milk in CSFP. UHT milk has less calories, saturated fat, total fat, and cholesterol per serving than the evaporated milk traditionally offered in the program.
- In 2011, USDA lowered the sodium level in reduced-fat cheese from 340 milligrams (mg) to between 150 to 225 mg per three quarter ounce serving. USDA began offering reduced-fat cheese in place of full fat cheese in the CSFP food package in 2005. Reduced-fat cheese has only three grams of total fat, two grams of saturated fat, and 10 grams of cholesterol per a three quarter ounce serving.
- Beginning in 2011, most canned fruits will be packed in extra light sucrose syrup instead of light syrup to reduce added sugars, particularly high fructose corn sweetener. Sucrose is ordinary table sugar.
- Beginning in 2011, some canned vegetables, such as whole kernel corn and whole and diced tomatoes are being offered with no salt added. This is a further improvement upon changes made in 2010, when the sodium level in all USDA canned vegetables was reduced to 140 mg. or less per half cup serving, a level which meets the Food and Drug Administration's definition for 'low sodium' foods. Sodium levels in the meatless spaghetti sauce were also reduced to 140 mg. per half cup serving in 2010.
- In 2009, USDA began offering whole-wheat rotini, as an alternative to CSFP's other pasta and rice products. With two grams of dietary fiber per half cup serving, whole-wheat rotini further brought the CSFP food package in line with the Dietary Guidelines for Americans.
- In 2007, USDA changed the specification for canned chicken to allow only chicken without skin. This lowered the fat content of the product and brought it line with recommendations made in the 2005 Dietary Guidelines for Americans.
- USDA offers salmon as an alternative Protein category food item in the CSFP food package. Salmon provides 25 percent of the daily recommended amount of calcium.
- USDA also offers other food items in the CSFP food package, such as unsweetened apple sauce and whole grain cereals that meet the principles of the Dietary Guidelines for Americans.