

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: July 1, 2016**

NOTE: The availability of individual products is subject to market conditions

<i>Household Size</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	
USDA Food	Number of Items Per Month								Options
GRAINS, CEREAL, RICE and PASTA									
Cereal, Dry (all sizes)	1 unit per person								Corn, Oat, Wheat, Rice, Bran
Quick Oats (42 oz. package) or Farina (14 oz. package)	1 unit per person								
Macaroni & Cheese (7.25 oz.) Macaroni (1 lb.) Whole Grain Rotini (1 lb.) Spaghetti (1 lb. or 2 lb. package) Egg Noodles (1 lb. package) Rice (2 lb.)	Any combination of options cannot exceed 5 lbs. per person; limit of 1 lb. of Macaroni & Cheese per person <ul style="list-style-type: none"> • Three 7.25 oz. boxes of Macaroni & Cheese are treated as 1 lb. 								
Cornmeal /Flour (5 lb. or 2 lb. bag)	Up to 2 units per person								Yellow Cornmeal (5 lb.), All Purpose Flour (5 lb.), Whole Wheat Flour (5 lb.), Blue cornmeal (2 lb.)
Bakery Mix (5 lb. bag)	1 per 4 mos.	1 per 2 mos.	1	1	2	2	2	2	
Saltine Crackers/ Whole Grain Tortillas (1 lb. pkg.)	1 unit per person 1 – 16 oz. package counts as 1 unit								

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USDA Food	Number of Items Per Month								Options
VEGETABLES and SOUP									
Canned Vegetables (15.5 oz. can) Fresh Vegetables (see attached list)	Up to 11 units per person								Carrots, Corn Kernel, Corn Cream, Hominy, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Diced Tomatoes, Dehydrated Potatoes (1 lb. package), Spaghetti Sauce, and Tomato Sauce. Seasonal (October-December): Sweet Potatoes and Pumpkin
Soups	Up to 3 units per person								Chunky Beef Stew (24 oz), Tomato and Vegetarian Vegetable (10.5 oz), Cream of Mushroom, Cream of Chicken (22 oz RTE)
FRUIT and JUICE									
Canned Fruit (15.5 oz. can) Fresh Fruit (see attached list) Dried Fruit (15-16 oz)	Up to 10 units per person								Applesauce, Apricots, Peaches, Pears, Mixed Fruit, Dried Plums, Raisins
Juices (64 oz bottles)	Up to 2 units per person (64 oz)								Apple, Grape, Orange, Grapefruit, Tomato, Cranberry-based
MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS									
Canned Meat/Poultry/Fish (12-24 oz. can) Frozen Ground Beef (1 lb. package) Frozen Pork Chops (1 lb package) Frozen Chicken (3 -5 lbs.) Frozen Beef Roast (2 lb.)	Any combination of units cannot exceed 3 units per person: <ul style="list-style-type: none"> • 2 products 16 oz (1 lb.) or smaller are treated as 1 unit. For example, 2 ground beef chubs are treated as 1 unit. • Individual frozen chicken packs, beef roasts, and cans larger than 16 oz. are treated as 1 unit each. 								Canned Beef, Canned Chicken, Canned Tuna, Canned Salmon NOTES: <ul style="list-style-type: none"> • Frozen Pork Ham (water added; 3 lb.) available November and December (one per person per month; no substitution with other meat products). • Ground bison (1 or 1.25 lb. packages), subject to availability; no more than one unit per person per month; no substitution with other meat products.

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USDA Food	Number of Items Per Month								Options
Canned Beans (15.5 oz. can)	Up to 4 units per person								Vegetarian, Kidney, Refried (no fat added), Black, Pinto, Great Northern
Dry Beans (2 lb. bag)	(A 2 lb. bag of dry beans counts as 2 units)								
All Purpose Egg Mix (6 oz. package)	Up to 2 units per person								
Smooth Peanut Butter (18 oz.) or Roasted Peanuts (12 or 16 oz.) or Fruit & Nut Mix (1 lb.)	1 unit per person								
MILK and CHEESE									
Block Process American Cheese or Sliced Reduced-fat Cheese Blend (5 lb. loaf)	1 per 2 mos.	1	2	2	3	3	4	4	
Skim evaporated milk (12 oz. can)	Up to 4 units per person								
Instant Nonfat Dry Milk (25.6 oz. box) or 1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton)	1 per 2 mos.	1	2	2	3	3	4	4	1 unit of Instant Nonfat Dry Milk may be exchanged for 8 units of UHT milk
	Up to 4 units per person								
OIL									
Vegetable Oil (48 fl. oz.) or Light Buttery Spread (15 oz.) or Butter (16 oz.)	1	1	2	2	3	3	4	4	For 3 person and larger households: 48 fluid ounces of vegetable oil = 45 ounces of light buttery spread = 1 lb. of butter
	2	3	6	6	9	9	12	12	
	1	2	2	2	3	3	4	4	

**Food Distribution Program on Indian Reservations
Fresh Fruit and Vegetable Guide Rates**

Guide Rates:

FDPIR households may substitute 1 pound of fresh produce for 1 canned item, up to a total of 10 cans of fruit and 11 cans of vegetables per person. Some produce items are not pre-bagged, but are offered in bulk. The number of loose items equal to 1 can is listed below.

Substitution Rate:

FDPIR households may substitute 1 pound of vegetables for 1 pound of fruit up to 5 pounds of fruit per person.

<u>Vegetables</u>	<u>Equal to 1 can</u>	<u>Fruits</u>	<u>Equal to 1 can</u>
Carrots	8 medium	Apples	3 medium
Baby Carrots	1 lb.	Avocado	2 medium
Broccoli	1 lb.	Grapefruit	2 medium
Yellow Onions	4 medium	Oranges	3 medium
Red Onions	4 medium	Pears	3 medium
Russet Potatoes	2 medium	Mixed Fruit	1 lb. bag
Red Potatoes	3 medium	Lemons	4 medium
Winter Squash	1 medium		
Summer Squash	2 medium	<u>Seasonal:</u>	
Sweet Potatoes	2 medium	Peaches	3 medium
Turnips	3 medium	Cherries	1 lb.
Cabbage	1 medium	Seedless Grapes	1 lb.
Celery	1 medium bunch	Honey Dew Melon	½ medium
Mixed Vegetables	1 lb.	Kiwi	6 medium
Brussel Sprouts	1 lb.	Nectarines	3 medium
Cauliflower	1 medium (2 small)	Plums	6 medium
Romaine Lettuce	1 bunch	Clementines	1 lb.
Radishes	1 lb.	Cranberries	12 oz.
<u>Seasonal:</u>			
Corn	3 large ears (5 medium)		
Asparagus	1 medium bunch		
Tomatoes	3 medium		
Cherry Tomatoes	1 pint		
Grape Tomatoes	1 pint		
Cucumbers	2 medium		
Green Pepper	3 medium		