**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS**

**MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE**

**Effective: February 1, 2013**

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

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| ***Household Size*** | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** |  |
| **USDA Food** | **Number of Items Per Month** | **Options** |
| **GRAINS, CEREAL, RICE and PASTA** |
| **Cereal, Dry**(all sizes) | 1 unit per person | Corn, Oat, 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** (2 lb.)**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* Three 7.25 oz. boxes of Macaroni & Cheese are treated as 1 lb.
 |  |
| **Cornmeal /Flour**(5 lb. bag)  | Up to 2 units per person | Cornmeal, All Purpose Flour,Whole Wheat Flour |
| **Bakery Mix**(5 lb. bag) | 1 per4 mos. | 1 per 2 mos. | 1 | 1 | 2 | 2 | 2 | 2 |  |
| **Saltine Crackers**(1 lb. box) | 1 unit per person 1 – 16 oz. package counts as 1 unit |  |

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| ***Household Size*** | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** |  |
| **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 Ground Bison**(1 lb. package)**Frozen Chicken** (3 -5 lbs.). **Frozen Beef Roast** (2 lb.) **Frozen Cooked Turkey Roast** (3.25 lbs. average)  | Any combination of units cannot exceed**3** units per person:* 2 canned products 16 oz or smaller are treated as 1 unit
* 2 ground beef chubs are treated as 1 unit
* Ground bison limit - 1 lb. per person.

Another protein item can be combined with ground bison, so that 1 lb. of bison and 1 lb. of ground beef or 1 lb. bison and 1 canned product 16 oz or smaller equals 1 unit.* Individual frozen chicken packs, beef and turkey roasts, and cans larger than 16 oz. are treated as 1 unit each.

  | Canned Beef, Canned Chicken, Canned Salmon(NOTE: Frozen Pork Ham (water added; 3 lb.) available November and December (one per person per month; no substitution with other meat products) |

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| ***Household Size*** | ***1*** | ***2*** | ***3*** | ***4*** | ***5*** | ***6*** | ***7*** | ***8*** |  |
| **USDA Food** | **Number of Items Per Month** | **Options** |
| **Canned Beans** (15.5 oz. can)**Dry Beans** (2 lb. bag) | Up to **4** units per person(A 2 lb. bag of dry beans counts as 2 units) | Vegetarian, Kidney,Refried (no fat added), Black, Pinto, Great Northern |
| **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**  o**r****Sliced Reduced-fat Cheese Blend** (5 lb. loaf) | 1 per2 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)  **o**r | 1 per2 mos. | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 1 unit of Instant Nonfat Dry Milk may be exchanged for 8 units of UHT milk  |
| **1% Ultra High Temperature (UHT) Milk** (32 fl. oz. carton) | Up to 4 units per person |
| **OIL** |
| **Vegetable Oil**(48 fl. oz.) **or****Light Buttery Spread**(15 oz.) o**r****Butter** (16 oz.) | 121 | 132 | 262 | 262 | 393 | 393 | 4124 | 4124 | For 3 person and larger households:48 fluid ounces of vegetable oil = 45 ounces of light buttery spread = 1 lb. of butter  |

**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.**

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| --- | --- | --- | --- |
| **Vegetables** | **Equal to 1 can**  | **Fruits** | **Equal to 1 can** |
| **Carrots** **Baby Carrots****Broccoli****Yellow Onions** **Red Onions** **Russet Potatoes** **Red Potatoes****Winter Squash** **Summer Squash****Sweet Potatoes** **Turnips** **Cabbage** **Celery** Mixed Vegetables**Brussel Sprouts****Cauliflower****Romaine Lettuce****Radishes****Seasonal:****Corn** **Asparagus****Tomatoes****Cherry Tomatoes****Grape Tomatoes**Cucumbers **Green Pepper**  | **8 medium****1 lb.** **1 lb.****4 medium****4 medium** **2 medium** **3 medium****1 medium** **2 medium****2 medium** **3 medium** **1 medium** **1 medium bunch** **1 lb.****1 lb.****1 medium (2 small)****1 bunch****1 lb.****3 large ears (5 medium)****1 medium bunch** **3 medium**1 pint1 pint2 medium **3 medium**  | **Apples****Avocado****Grapefruit****Oranges****Pears****Mixed Fruit****Seasonal:****Peaches** **Cherries****Seedless Grapes****Honey Dew Melon****Kiwi****Nectarines****Plums** | **3 medium****2 medium****2 medium****3 medium****3 medium****1 lb. bag****3 medium****1 lb.** **1 lb.** **½ medium****6 medium****3 medium****6 medium** |