**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 per  4 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 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)  **o**r | 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 | |
| **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.) | 1  2  1 | 1  3  2 | 2  6  2 | 2  6  2 | | | | 3  9  3 | | | 3  9  3 | | | 4  12  4 | | 4  12  4 | | 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** |