

**JAN 13 2011**

**SUBJECT:** Commodity Supplemental Food Program (CSFP): Revised Food Package Maximum Monthly Distribution Rates and Replacement of Evaporated Milk with One Percent Ultra High Temperature (UHT) Fluid Milk

**TO:** Regional Directors  
Special Nutrition Programs  
MARO, MPRO, MWRO,  
NERO, SERO, and SWRO

Regional Director  
Office of Field Operations  
WRO

State Directors  
CSFP State Agencies  
All Participating States

The attached CSFP Maximum Monthly Distribution Rates (Distribution Rates) revise those previously issued by the Food and Nutrition Service (FNS) on April 27, 2009. These updated Distribution Rates are to be used in conjunction with FNS Instruction 835-1, Rev. 1. The following changes are made in this revision:

- 1) Food Package Categories are identified,
- 2) replacement of evaporated milk (100051/B117) with one percent ultra high temperature fluid milk (UHT milk) (100050/B385),
- 3) powdered infant formula package sizes are revised, and
- 4) distribution rates for juices in cans are removed.

FNS continues to provide Distribution Rates for all eligible population groups, including women, infants, and children. However, in areas where both CSFP and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC Program) operate, local agencies should continue to best serve the interests of women, infants, and children by referring them to the WIC Program, which offers greater accessibility to health care and nutrition education.

It should be noted that although the attached Distribution Rates establish maximum quantities, State agency tailoring of the CSFP food package below maximum quantities is permitted in only very limited circumstances. Per FNS Instruction 835-1, Rev. 1, such tailoring must be based on nutritional rationale and policy. CSFP State agency requests for nutritional tailoring of the food package must be submitted in writing to FNS for review and approval prior to implementation.

#### **Food Package Categories Identified**

The Distribution Rates tables have been revised to include a column identifying the current Food Package Categories, which will uniformly be used in this and future guidance. The Food Package Categories include: Cereals, Cheese, Fruits, Infant Cereal, Infant Formula, Juices, Milk, Peanut Butter/Dry Beans, Potatoes/Grains, Proteins, and Vegetables.

### **Replacement of Evaporated Milk with UHT Milk**

One percent UHT milk offers less calories, saturated fat, total fat, and cholesterol per serving than the evaporated milk traditionally offered in CSFP. UHT milk is fortified with vitamins A and D. It is a more versatile product than evaporated milk as it can be consumed as fresh milk, for example as a beverage or with cereal, and can also be used for cooking. UHT milk is ready-to-serve, without adding water.

Last fall, FNS sampled one percent UHT fluid milk at over 25 local agencies, each in a different CSFP State. The vast majority of feedback from States indicated that local agencies and participants liked the product. Thus, given the benefits of the UHT milk over the evaporated milk, and the positive feedback received from CSFP agencies regarding UHT milk, FNS will replace evaporated milk with UHT milk in the CSFP food package.

**UHT milk will be made available for ordering as early as February 2011, with deliveries beginning as early as July.** In the interim, State and local agencies should continue to order, and local agencies should continue to distribute, evaporated milk consistent with the Distribution Rates. UHT milk, when available, may not be distributed until evaporated milk inventories are depleted.

UHT milk will be offered in a 32-ounce carton, as compared to evaporated milk, which is offered in a 12-ounce can. There are 12 units of UHT milk per case. The Distribution Rates reflect total distribution amounts per month of evaporated milk in ounces as the product is packaged, not in reconstituted form. Given that evaporated milk must be reconstituted using a one-to-one ratio of evaporated milk and water in order to yield like quantities of fresh milk, UHT milk, which does *not* have to be reconstituted, will be offered in quantities similar to reconstituted evaporated milk.

However, due to container size, monthly distribution rates for UHT milk differ slightly from the distribution rates for reconstituted evaporated milk. Elderly participants will receive two units (64 total ounces) of UHT milk per month, in addition to their every-other-month distribution of nonfat dry milk (NDM). The UHT milk distribution rates for remaining participant categories are on the attached Distribution Rates (Attachment A). For more information on UHT milk, as well as recipes and other useful information, please review the attached fact sheet (Attachment B).

It is important to note that leading health professionals currently recommend that very young children consume whole fat milk with certain limited exceptions. The WIC Program authorizes only whole milk for one year old children (12 through 23 months). The UHT milk being offered in the CSFP food package contains one percent milk fat, while the NDM contains a negligible amount of milk fat. As provided above, in areas where both CSFP and the WIC Program are available, CSFP local agencies should

continue to refer eligible children within this age group, as well as other eligible women, infants, and children, to the WIC Program.

Should parents or caretakers of children 12 to 23 months old choose to continue receiving CSFP benefits for children within this age range, they must be notified that the lower fat UHT milk and NDM provided in the CSFP food package should not be the sole source of milk for consumption by their children.

#### **Powdered Infant Formula Package Sizes Revised**

This revision accommodates a vendor's recent change in package size for powdered infant formula from 12.9 ounce packages (100072/B417) to 12.5 packages (TBD/B431). As early as March, State and local agencies which order infant formula from the multi-food warehouses will receive infant formula in the smaller package size. In accordance with the Distribution Rates, infant formula in the 12.5-ounce package size should be distributed at the same rate of 10 packages per month.

#### **Distribution Rates for Canned Juices Removed**

Prior to FY 2010, all juices offered in the CSFP food package were packaged in cans. In FY 2010, we began offering all juices packaged in plastic containers. No inventories of canned juices remain at the national warehouses for CSFP. If inventories of canned juices remain at the State or local level, these should be distributed as soon as possible using the prior Distribution Rates.

Finally, we plan to continue to temporarily eliminate some of the more expensive choices within CSFP Food Package Categories. This practice allows us to reduce overall costs, while still making a full food package with variety available to participants. In addition, some foods may be unavailable due to changing agricultural market conditions. Both of these factors may impact the choices within the Food Package Categories listed on the attached Distribution Rates.

We welcome your comments on the topics discussed in this memorandum. State agency staff may contact their respective Regional Offices with any comments or questions regarding these revised Distribution Rates. Regional Office staff may in turn contact

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Michelle Waters or Dana Rasmussen at (703) 305-2662. For questions related to food ordering, Regional Offices should contact Lauren King-Dillon at (703) 305-2663.



Cathie McCullough  
Director  
Food Distribution Division

Attachments

**January 2011**  
**COMMODITY SUPPLEMENTAL FOOD PROGRAM**  
**MAXIMUM MONTHLY DISTRIBUTION RATES**

Infants

Food Package Category	Food Item	Package Size	Packages/Month	Amount/Month
<b>Infants: 0-3 Months</b>				
Infant Formula	Powdered Infant Formula	12 -12.9 oz pkg	10 pkgs	120 -129 oz
		14.3 oz pkg	or 9 pkgs	128.7 oz
		25.7 oz pkg	or 5 pkgs	128.5 oz
<b>Infants: 4-12 Months</b>				
Infant Formula	Powdered Infant Formula	12 -12.9 oz pkg	10 pkgs	120-129 oz
		14.3 oz pkg	or 9 pkgs	128.7 oz
		25.7 oz pkg	or 5 pkgs	128.5 oz
Infant Cereal	Cereal, Infant Rice	8 oz pkg	4 pkgs	32 oz
Juices	Juice 1/	64 oz container	1 container	64 oz

1/ Tomato juice should not be issued to infants.

**January 2011  
COMMODITY SUPPLEMENTAL FOOD PROGRAM  
MAXIMUM MONTHLY DISTRIBUTION RATES**

Children

Food Package Category	Food Item	Package Size	Packages/Month	Amount/Month	
Cereals	Cereal, Dry Ready-to-Eat 1/ or Farina 1/ or Rolled Oats	12-18 oz pkg	2 pkgs or 2 pkgs or 1 pkg	24-36 oz  28 oz  48 oz	
	Grits 2/	5 lb pkg	1 pkg every other month	40 oz	
	Juices	Juice	64 oz container	3 containers	192 oz
	Proteins	Beef or Beef Stew or Chili or Chicken 3/ or Tuna 3/ or Salmon 3/ or Egg Mix, Dry 3/	24 oz can  24 oz can  24 oz can  12.5 oz can  12 oz can  14.75 oz can  6 oz pkg	1 can or 1 can or 1 can or 2 cans or 2 cans or 2 cans or 2 pkgs	24 oz  24 oz  24 oz  25 oz  24 oz  29.5 oz  12 oz
Milk 4/, 5/, 6/		(a) Evaporated Milk or	12 oz can	33 cans or	396 oz
		(b) Evaporated Milk and Instant Nonfat Dry Milk or	12 oz can  25.6 oz pkg	5 cans and 1 pkg every other month or	60 oz  12.8 oz (128 oz reconstituted)
		(c) UHT Fluid Milk 1% and Instant Nonfat Dry Milk	32 oz pkg  25.6 oz pkg	4 pkgs and 1 pkg every other month	128 oz  12.8 (128 oz reconstituted)
Peanut Butter/ Dry Beans		Peanut Butter or Dry Beans/Peas	18 oz pkg  2 lb pkg	1 pkg or 1 pkg	18 oz  32 oz
		Potatoes/ Grains	Dehydrated Potatoes or Pasta	1 lb pkg	1 pkg or 2 pkgs or 1 pkg
Rice or Grits 2/			2 lb pkg  5 lb pkg	1 pkg or 1 pkg every other month	32 oz  40 oz
Cheese			Cheese	2 lb pkg	1 pkg
Fruits	Fruits		15-16 oz can	2 cans	30-32 oz
Vegetables	Vegetables		15-16 oz can	4 cans	60-64 oz

## Children

- 1/ A combination of 1 package of dry ready-to-eat cereal and 1 package of farina may be provided.
- 2/ The distribution rate for grits is 5 pounds every other month in either the Cereals or Potatoes/Grains Food Package Category.
- 3/ Participants can select two items per month from the following food items: chicken, tuna, salmon, and egg mix. For example, participants can select two cans of tuna **or** any one of the following combinations each month:
  - one can of tuna and one can of chicken
  - or
  - one can of tuna and one can of salmon
  - or
  - one can of tuna and one package of egg mix
- 4/ Children 1 year through 2 years of age may receive (a) 33 12-oz cans of evaporated milk; **or** (b) a combination of 5 12-oz cans of evaporated milk each month and 1 25.6-oz package of instant nonfat dry milk every other month; **or** (c) a combination of 4 32-oz packages of 1% UHT fluid milk each month and 1 25.6-oz package of instant nonfat dry milk every other month.
- 5/ Children 3 years through 5 years of age may receive (b) a combination of 5 12-oz cans of evaporated milk each month and 1 25.6-oz package of instant nonfat dry milk every other month; **or** (c) a combination of 4 32-oz packages of 1% UHT fluid milk every month and 1 25.6-oz package of instant nonfat dry milk every other month.
- 6/ If parents or caretakers of children 12 to 23 months old choose to continue receiving CSFP benefits for children within this age range, they must be notified that the lower fat UHT milk and NDM provided in the CSFP food package should not be the sole source of milk for consumption by their children.

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COMMODITY SUPPLEMENTAL FOOD PROGRAM  
MAXIMUM MONTHLY DISTRIBUTION RATES**

Pregnant/Breastfeeding Women

<b>Food Package Category</b>	<b>Food Item</b>	<b>Package Size</b>	<b>Packages/Month</b>	<b>Amount/Month</b>		
Cereals	Cereal, Dry Ready-to-Eat 1/ or Farina 1/ or Rolled Oats or Grits 2/	12-18 oz pkg  14 oz pkg  3 lb pkg  5 lb pkg	2 pkgs or 2 pkgs or 1 pkg or 1 pkg every other month	24-36 oz  28 oz  48 oz  40 oz		
	Juices	Juice	64 oz container	3 containers	192 oz	
	Proteins	Beef or Beef Stew or Chili or Chicken 3/ or Tuna 3/ or Salmon 3/ or Egg Mix, Dry 3/	24 oz can  24 oz can  24 oz can  12.5 oz can  12 oz can  14.75 oz can  6 oz pkg	1 can or 1 can or 1 can or 2 cans or 2 cans or 2 cans or 2 pkgs	24 oz  24 oz  24 oz  25 oz  24 oz  29.5 oz  12 oz	
		Milk	(a) Evaporated Milk and Instant Nonfat Dry Milk or (b) UHT Fluid Milk 1 % and Instant Nonfat Dry Milk	12 oz can  25.6 oz pkg  32 oz pkg  25.6 oz pkg	11 cans and 1pkg every other month or 8 pkgs  and 1 pkg every other month	132 oz  12.8 oz (128 oz reconstituted)  256 oz  12.8 oz (128 oz reconstituted)
Peanut Butter/ Dry Beans			Peanut Butter or Dry Beans/Peas	18 oz pkg  2 lb pkg	1 pkg or 1 pkg	18 oz pkg  32 oz
Potatoes/ Grains		Dehydrated Potatoes or Pasta or Rice or Grits 2/	1 lb pkg  1 lb pkg  2 lb pkg  2 lb pkg  5 lb pkg	1 pkg or 2 pkgs or 1 pkg or 1 pkg or 1 pkg every other month	16 oz  32 oz  32 oz  32 oz  40 oz	
		Cheese	Cheese	2 lb pkg	1 pkg	32 oz
		Fruits	Fruits	15-16 oz can	4 cans	60-64 oz
	Vegetables	Vegetables	15-16 oz can	6 cans	90-96 oz	



Pregnant/Breastfeeding Women

- 1 A combination of 1 package of dry ready-to-eat cereal and 1 package of farina may be provided.
- 2 The distribution rate for grits is 5 pounds every other month in either the Cereals or Potatoes/Grains Food Package Category.
- 3 Participants can select two items per month from the following food items: chicken, tuna, salmon, and egg mix. For example, participants can select two cans of tuna or any one of the following combinations each month:

one can of tuna and one can of chicken

or

one can of tuna and one can of salmon

or

one can of tuna and one package of egg mix

**January 2011**  
**COMMODITY SUPPLEMENTAL FOOD PROGRAM**  
**MAXIMUM MONTHLY DISTRIBUTION RATES**

Non-Breastfeeding Postpartum Women

Food Package Category	Food Item	Package Size	Packages/Month	Amount/Month		
Cereals	Cereal, Dry Ready-to-Eat 1/ or Farina 1/ or Rolled Oats	12-18 oz pkg	2 pkgs or 2 pkgs or 1 pkg	24-36 oz  28 oz 48 oz		
	Grits 2/	5 lb pkg	1 pkg every other month	40 oz		
	Juices	Juice	64 oz container	2 containers	128 oz	
	Proteins	Beef or Beef Stew or Chili or Chicken 3/ or Tuna 3/ or Salmon 3/ or Egg Mix, Dry 3/	24 oz can  24 oz can  24 oz can  12.5 oz can  12 oz can  14.75 oz can  6 oz pkg	1 can or 1 can or 1 can or 2 cans or 2 cans or 2 cans or 2 pkgs	24 oz  24 oz  24 oz  25 oz  24 oz  29.5 oz  12 oz	
Milk		(a) Evaporated Milk and Instant Nonfat Dry Milk or (b) UHT Fluid Milk 1% and Instant Nonfat Dry Milk	12 oz can  25.6 oz pkg  32 oz pkg  25.6 oz pkg	3 cans and 1 pkg every other month or 2 pkgs and 1 pkg every other month	36 oz  12.8 oz (128 oz reconstituted)  64 oz  12.8 oz (128 oz reconstituted)	
		Peanut Butter/ Dry Beans	Peanut Butter or Dry Beans/Peas	18 oz pkg  2 lb pkg	1 pkg or 1 pkg	18 oz  32 oz
Potatoes/ Grains		Dehydrated Potatoes or Pasta or Rice or Grits 2/	1 lb pkg  1 lb pkg  2 lb pkg  2 lb pkg  5 lb pkg	1 pkg or 2 pkgs or 1 pkg or 1 pkg or 1 pkg every other month	16 oz  32 oz  32 oz  32 oz  40 oz	
		Cheese	Cheese	2 lb pkg	1 pkg	32 oz
		Fruits	Fruits	15-16 oz can	2 cans	30-32 oz
		Vegetables	Vegetables	15-16 oz can	4 cans	60-64 oz

Non-Breastfeeding Postpartum Women

- 1 A combination of 1 package of dry ready-to-eat cereal and 1 package of farina may be provided.
- 2 The distribution rate for grits is 5 pounds every other month in either the Cereals or Potatoes/Grains Food Package Category.
- 3 Participants can select two items per month from the following food items: chicken, tuna, salmon, and egg mix. For example, participants can select two cans of tuna **or** any one of the following combinations each month:

one can of tuna and one can of chicken

or

one can of tuna and one can of salmon

or

one can of tuna and one package of egg mix

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COMMODITY SUPPLEMENTAL FOOD PROGRAM  
MAXIMUM MONTHLY DISTRIBUTION RATES**

Elderly

<b>Food Package Category</b>	<b>Food Item</b>	<b>Package Size</b>	<b>Packages/Month</b>	<b>Amount/Month</b>		
Cereals	Cereal, Dry Ready-to-Eat 1/ or Farina 1/ or Rolled Oats or Grits 2/	12-18 oz pkg  14 oz pkg  3 lb pkg  5 lb pkg	2 pkgs or 2 pkgs or 1 pkg or 1 pkg every other month	24-36 oz  28 oz  48 oz  40 oz		
	Juices	Juice	64 oz container	2 containers	128 oz	
	Proteins	Beef or Beef Stew or Chili or Chicken 3/ or Tuna 3/ or Salmon 3/ or Egg Mix, Dry 3/	24 oz can  24 oz can  24 oz can  12.5 oz can  12 oz can  14.75 oz can  6 oz pkg	1 can or 1 can or 1 can or 2 cans or 2 cans or 2 cans or 2 pkgs	24 oz  24 oz  24 oz  25 oz  24 oz  29.5 oz  12 oz	
		Milk	(a) Evaporated Milk and Instant Nonfat Dry Milk or (b) UHT Fluid Milk 1% and Instant Nonfat Dry Milk	12 oz can  25.6 oz pkg  32 oz pkg  25.6 oz pkg	3 cans and 1 pkg every other month or 2 pkgs and 1 pkg every other month	36 oz  12.8 oz (128 oz reconstituted)  64 oz  12.8 oz (128 oz reconstituted)
			Peanut Butter/ Dry Beans	Peanut Butter or Dry Beans/Peas	18 oz pkg  2 lb pkg	1 pkg or 1 pkg
Potatoes/ Grains				Dehydrated Potatoes or Pasta   or Rice or Grits 2/	1 lb pkg  1 lb pkg  2 lb pkg  2 lb pkg  5 lb pkg	1 pkg or 2 pkgs or 1 pkg or 1 pkg or 1 pkg every other month
		Cheese	Cheese	2 lb pkg	1 pkg	32 oz
		Fruits	Fruits	15-16 oz can	2 cans	30-32 oz
		Vegetables	Vegetables	15-16 oz can	4 cans	60-64 oz

## Elderly

- 1 A combination of 1 package of dry ready-to-eat cereal and 1 package of farina may be provided.
- 2 The distribution rate for grits is 5 pounds every other month in either the Cereals or Potatoes/Grains Food Package Category.
- 3 Participants can select two items per month from the following food items: chicken, tuna, salmon, and egg mix. For example, participants can select two cans of tuna **or** any one of the following combinations each month:

one can of tuna and one can of chicken

or

one can of tuna and one can of salmon

or

one can of tuna and one package of egg mix

January 2011

COMMODITY SUPPLEMENTAL FOOD PROGRAM MAXIMUM MONTHLY DISTRIBUTION RATES – SUMMARY TABLE<sup>1</sup>

Food Package Category	Food Item	Size	Cans or Packages per Month					
			Infants		Children	Pregnant/ Breastfeeding	Non- Breastfeeding/ Postpartum	60+ Years
0-3 Mos.	4-12 Mos.							
Infant Formula	Infant Formula or	12 -12.9 oz	10 or	10 or				
	Infant Formula or	14.3 oz	9 or	9 or				
	Infant Formula or	25.7 oz	5	5				
Infant Cereal	Infant Rice Cereal	8 oz		4				
Cereals	Cereal, RTE or	12-18 oz			2 or	2 or	2 or	2 or
	Farina or	14 oz			2 or	2 or	2 or	2 or
	Rolled Oats or	3 lb			1 or	1 or	1 or	1 or
	Grits	5 lb			1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.
Juices	Juice, Plastic Cont.	64 oz		1	3	3	2	2
Proteins	Beef or	24 oz			1 or	1 or	1 or	1 or
	Beef Stew or	24 oz			1 or	1 or	1 or	1 or
	Chili or	24 oz			1 or	1 or	1 or	1 or
	Chicken or	12.5 oz			2 or	2 or	2 or	2 or
	Tuna or	12 oz			2 or	2 or	2 or	2 or
	Salmon or	14.75 oz			2 or	2 or	2 or	2 or
	Egg Mix, Dry	6 oz			2	2	2	2
Milk	Evaporated Milk or	12 oz			33 <sup>1</sup> every mo. (children 1-2 years only) or			
	Evaporated Milk and	12 oz			5 every mo. and	11 every mo. and	3 every mo. and	3 every mo. and
	Inst. Nonfat Dry Milk	25.6 oz			1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.
	or				or	or	or	or
	UHT Fluid Milk 1% and	32 oz			4 every mo. and	8 every mo. and	2 every mo. and	2 every mo. and
	Inst. Nonfat Dry Milk	25.6 oz			1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.
Peanut Butter/ Dry Beans	Peanut Butter or	18 oz			1 or	1 or	1 or	1 or
	Dry Beans/Pees	2 lb			1	1	1	1
Potatoes/ Grains	Deliv. Potatoes or	1 lb			1 or	1 or	1 or	1 or
	Pasta or	1 lb			2 or	2 or	2 or	2 or
	Rice or	2 lb			1 or	1 or	1 or	1 or
	Grits	5 lb			1 or	1 or	1 or	1 or
Cheese	Cheese	2 lb			1 every other mo.	1 every other mo.	1 every other mo.	1 every other mo.
Fruits	Fruits	15-16 oz			1	1	1	1
Vegetables	Fruits	15-16 oz			2	4	2	2
	Vegetables	15-16 oz			4	6	4	4

<sup>1</sup> See Maximum Monthly Distribution Rates by participant category for complete description of appropriate substitutions and/or combinations.

UNITED STATES DEPARTMENT OF AGRICULTURE

# Household Commodity Fact Sheet



## MILK, 1% LOW-FAT, ULTRA HIGH TEMPERATURE (UHT)

Date: April 2009

Code: B385

### PRODUCT DESCRIPTION

- Ultra high temperature (UHT) 1% milk is fresh milk that does not need refrigeration until the container has been opened. It has been processed using a method that destroys bacteria while preserving the flavor, taste, and nutritional value of the milk. 1% UHT milk has added vitamins A and D.

### PACK/YIELD

- 1% UHT milk is packed in 32 ounce sealed cartons, which is about 4 servings (1 cup each) of milk.

### STORAGE

- Store unopened cartons of 1% UHT milk in a cool, clean, dry place for up to 6 months.
- After opening, close the lid on the container and store in the refrigerator for up to 1 week.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- 1% UHT milk can be used anywhere fresh milk is called for, such as soups, sauces, casseroles, and desserts.
- 1% UHT milk can be enjoyed alone as a beverage or poured over cereal.
- Try using 1% UHT milk in place of water to prepare hot cereals such as oatmeal, or mix with fresh or frozen fruit and ice cubes in a blender to make a quick and easy smoothie.

### NUTRITION INFORMATION

- 1 cup of 1% UHT low-fat milk counts as 1 cup in the MyPyramid.gov Milk, Yogurt, and Cheese Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- 1 cup of milk provides 30% of the daily recommended amount of calcium and 10% of the daily recommended amount of vitamin A.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 1 cup (244g) 1% UHT milk

#### Amount Per Serving

Calories 100    Calories from Fat 20

#### % Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 1.5g    **8%**

*Trans* Fat 0g

**Cholesterol** 12mg    **4%**

**Sodium** 110mg    **4%**

**Total Carbohydrate** 12g    **4%**

Dietary Fiber 0g    **0%**

Sugars 12g

**Protein** 8g

Vitamin A 10%    Vitamin C 0%

Calcium 30%    Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

### BROCCOLI RICE CASSEROLE

MAKES ABOUT 6 SERVINGS

#### Ingredients

- ¾ cup 1% low-fat UHT milk
- Nonstick cooking spray
- ¾ cup rice, uncooked
- 1 ½ cups water
- 1 small onion, chopped
- 1 ½ tablespoons margarine
- 1 can (about 10 ounces) condensed cream of mushroom soup
- 1 package (about 10 ounces) frozen chopped broccoli, thawed
- ½ cup low-fat cheese, like Cheddar or Swiss, shredded

#### Directions

1. Preheat oven to 350 degrees F and spray a 9x9-inch baking pan with nonstick cooking spray.
2. In a saucepan, mix rice and 1 cup of water and bring to a boil.
3. Cover and cook over low heat for 15 minutes. Remove saucepan from heat and set aside for 15 minutes.
4. In a medium-size skillet, cook onions in margarine until tender.
5. Add soup, milk, ½ cup of water, and onions to cooked rice. Spoon mixture into baking pan.
6. Spoon the vegetables over the rice mixture.
7. Sprinkle the cheese evenly over the top. Bake for 25 to 30 minutes until cheese is melted and bubbly.

#### Tips

Try using canned, drained vegetables or frozen spinach.

#### Nutritional Information for 1 serving of Broccoli Rice Casserole

Calories	190	Cholesterol	5 mg	Sugar	4 g	Vitamin C	28 mg
Calories from Fat	60	Sodium	360 mg	Protein	7 g	Calcium	120 mg
Total Fat	7 g	Total Carbohydrate	27 g	Vitamin A	80 RAE	Iron	2 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

### LOW-FAT ALFREDO SAUCE WITH PASTA

MAKES ABOUT 4 SERVINGS

#### Ingredients

- 1 cup 1% low-fat UHT milk
- 1 cup low-fat cottage cheese
- 1 egg yolk
- ½ teaspoon black pepper
- 1 tablespoon margarine
- ¼ cup Parmesan cheese, grated
- ½ pound whole grain pasta, like rotini or spaghetti
- ¾ cup processed American cheese, crumbled or cut into pieces

#### Directions

1. In a blender, combine cottage cheese, milk, egg yolk, and pepper. Blend until smooth.
2. In small saucepan, melt margarine over low heat. Add cottage cheese/milk/egg mixture and continue cooking over low heat, stirring occasionally. Stir in Parmesan cheese.
3. Cook pasta according to package directions and drain. Toss with sauce and serve.

#### Nutritional Information for 1 serving (1 cup) of Low-fat Alfredo Sauce with Pasta

Calories	330	Cholesterol	65 mg	Sugar	5 g	Vitamin C	0 mg
Calories from Fat	70	Sodium	360 mg	Protein	21 g	Calcium	207 mg
Total Fat	8 g	Total Carbohydrate	48 g	Vitamin A	94 RAE	Iron	2 mg
Saturated Fat	3 g	Dietary Fiber	0 g				

Recipe adapted from [Recipezaar.com](http://Recipezaar.com).