

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE**

Effective Date: September 1, 2023

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

USDA Food	Number of Items Per Month
GRAINS, CEREAL, RICE, AND PASTA	
Ready-to-Eat Cereal, Dry (all sizes) Quick Oats (18 oz.) Farina (18 oz.)	Up to 2 units per person
Macaroni & Cheese (7.25 – 10.2 oz.) Macaroni (1 lb.) Whole Grain Rotini (1 lb.) Spaghetti (1 lb.) Egg Noodles (1 lb.) Rice (1 lb.) Saltine Crackers (1 lb.) Whole Grain Tortillas (1 lb.)	Any combination of options cannot exceed 5 units per person: <ul style="list-style-type: none"> • Three 7.25-10.2 oz. boxes or pouches of Macaroni & Cheese are treated as 1 unit. Limit of 1 unit of Macaroni & Cheese per person. • Wild Rice (1 lb.) is subject to availability and is not considered to be part of the 5 units of pasta, rice, crackers, and tortillas. It is treated as bonus and cannot be exchanged with other grain products.
Yellow Cornmeal (5 lb.) Blue Cornmeal (2 lb.) All Purpose Flour (5 lb.) White Whole Wheat Flour (5 lb.) Bakery Mix (20 oz.)	Up to 2 units per person

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VEGETABLES AND SOUP	
<p>Canned Vegetables (15.5 oz.): Carrots, Corn Kernel, Corn Cream, Hominy, Green Beans, Mixed Vegetables, Peas, Potatoes, Spaghetti Sauce, Spinach, Diced Tomatoes, and Tomato Sauce</p> <p>Dehydrated Potatoes (1 lb.)</p> <p>Fresh Vegetables (see attached list)</p> <p>Frozen Vegetables (1 lb. Peas and Carrots)</p>	<p style="text-align: center;">Up to 18 units per person:</p> <ul style="list-style-type: none"> • Canned sweet potatoes and pumpkin are subject to availability on a seasonal basis, are not considered to be part of the 18 units of vegetables and cannot be exchanged with other vegetable products.
<p>Soups: Beef Stew (24 oz.), Tomato, Vegetarian Vegetable, Cream of Mushroom, and Cream of Chicken Soup (10.5 oz. Condensed)</p>	<p style="text-align: center;">Up to 3 units per person</p>
FRUIT AND JUICE	
<p>Canned Fruit (15.5 oz.): Apricots, Mixed Fruit, Peaches, and Pears</p> <p>Fresh Fruit (see attached list)</p> <p>Dried Fruit (15-16 oz.): Plums and Raisins</p> <p>Frozen Fruit (1 lb. Blueberries and Strawberries)</p> <p>6-Cup Sleeve (24 oz.): Applesauce</p> <p>Juice (64 oz. bottle): Apple, Cherry Apple, Cranberry Apple, Grape, Orange, and Tomato</p>	<p style="text-align: center;">Up to 20 units per person:</p> <ul style="list-style-type: none"> • One bottle of juice (64 oz.) is treated as 5 units. Limit of 2 bottles of juice per person. • Cranberry Sauce is subject to availability on a seasonal basis and is not considered to be part of the 20 units of fruit. It cannot be exchanged with other fruit or juice products.

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MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS	
<p>Canned Meat, Poultry, Fish (12-24 oz.): Beef, Chicken, and Tuna</p> <p>Frozen Beef Roast (2 lb.)</p> <p>Frozen Ground Beef (1 lb.)</p> <p>Frozen Ground Bison (1, 1.25, or 2 lbs.)</p> <p>Frozen Bison Stew Meat (2 lbs.)</p> <p>Frozen Pork Chops (1 lb.)</p> <p>Frozen Chicken (3-4 lbs.): Whole and Boneless Breast</p>	<p>Any combination of units cannot exceed 5 units per person:</p> <ul style="list-style-type: none"> • Two canned or frozen meat, poultry, and fish items 16 oz. (1 lb.) or smaller are treated as 1 unit. For example, two 1 lb. packs of ground beef are treated as 1 unit. • Canned or frozen meat, poultry, and fish items larger than 16 oz. (1 lb.) are treated as 1 unit each. For example, one 2 lb. frozen beef roast is treated as 1 unit. • Two 1 lb. or 1.25 lb. packs of frozen ground bison are treated as 1 unit. One 2 lb. frozen ground bison pack is treated as 1 unit. • Smoked Pit Ham (5 lb.) is available on a seasonal basis (one per person per month) subject to availability. It is not considered to be part of the 5 units of meat/poultry/fish. It is treated as bonus and cannot be exchanged with other meat products. • Frozen walleye (1 lb.), wild frozen salmon (1 lb.), and frozen catfish (2 lb.) are subject to availability and are not considered to be part of the 5 units of meat/poultry/fish. These products are treated as bonus and cannot be exchanged with other meat products.
<p>Canned Beans (15.5 oz.): Black, Kidney, Pinto, Refried, and Vegetarian</p> <p>Dry Beans (1 lb.): Great Northern and Pinto</p>	<p>Up to 4 units per person</p>
<p>All Purpose Egg Mix (6 oz.)</p> <p>Shell Eggs (1 dozen)</p>	<p>Any combination up to 2 units per person:</p> <ul style="list-style-type: none"> • Two 6 oz. packages of dried egg mix are treated as 1 unit. • One dozen shell eggs is treated as 1 unit.
<p>Smooth Peanut Butter (16 oz.)</p> <p>Roasted Peanuts (1 lb.)</p> <p>Fruit & Nut Mix (1 lb.)</p>	<p>1 unit per person</p>

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MILK AND CHEESE								
<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>
Block Process American Cheese (5 lb.) or Sliced Reduced-fat American Cheese Blend (5 lb.)	1 per 2 mos.	1	2	2	3	3	4	4
Skim evaporated milk (12 oz.) Instant Nonfat Dry Milk (12.8 oz.) 1% Ultra High Temperature (UHT) Milk (32 fl. oz.)	<p style="text-align: center;">Any combination of units up to 8 units per person:</p> <ul style="list-style-type: none"> • One 12 oz. can skim evaporated milk is treated as 1 unit. • One 12.8 oz. box of Instant Nonfat Dry Milk is treated as 4 units. • One 32 fl. oz. carton of 1% UHT milk is treated as 1 unit. 							
OIL								
<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>
Vegetable Oil (48 fl. oz.) or Light Buttery Spread (15 oz.) or Butter (16 oz.)	1	1	2	2	3	3	4	4
For households of 3 persons or more: 48 fluid ounces of vegetable oil = 45 ounces of light butterspread = 1 lb. of butter.								

ATTACHMENT: FRUIT AND VEGETABLE LIST

Guide Rates:

FDPIR households may select up to 20 units of fruit and 18 units of vegetables per person per month. Each pound of fresh fruit or vegetables equals one unit. Some produce items are not pre-bagged but are offered in bulk. The number of loose items equal to 1 unit is listed below.

<u>Year Round Vegetables</u>	<u>Equal to 1 unit</u>	<u>Year Round Fruit</u>	<u>Equal to 1 unit</u>
Carrots	8 medium	Apples	3 medium
Baby Carrots	1 lb.	Grapefruit	2 medium
Broccoli	1 lb.	Oranges	3 medium
Yellow Onions	4 medium	Pears	3 medium
Red Onions	4 medium	Mixed Fruit	1 lb.
Russet Potatoes	2 medium	Lemons	4 medium
Red Potatoes	3 medium		
Cabbage	1 medium		
Celery	1 medium bunch		
Mixed Vegetables	1 lb.		
Cauliflower	1 medium (2 small)		
Romaine Lettuce	1 bunch		
Iceberg Lettuce	1 head		
Spinach	1 bag		
Radishes	1 lb.		
Jalapeño Peppers	12 peppers		
<u>Seasonal Vegetables</u>		<u>Seasonal Fruits</u>	
Corn	3 large ears (5 medium)	Avocado	2 medium
Asparagus	1 medium bunch	Peaches	3 medium
Tomatoes	3 medium	Cherries	1 lb.
Cherry Tomatoes	1 pint	Seedless Grapes	1 lb.
Grape Tomatoes	1 pint	Honey Dew Melon	½ medium
Cucumbers	2 medium	Kiwi	6 medium
Bell Peppers (Green/Red)	3 medium	Nectarines	3 medium
Brussel Sprouts	1 lb.	Plums	6 medium
Winter Squash	1 medium	Clementine/Mandarin/ Tangerine	1 lb.
Summer Squash	2 medium	Cranberries	12 oz.
Sweet Potatoes	2 medium		
Turnip/Rutabaga	3 medium		

Seasonal Produce Requests: If a seasonal item is not listed on the FFAVORS catalog, contact the produce vendor and the appropriate DLA Service Representative to verify domestic availability.