

UNITED STATES DEPARTMENT OF AGRICULTURE
FOOD AND NUTRITION SERVICE
 ALEXANDRIA, VA 22302-1500

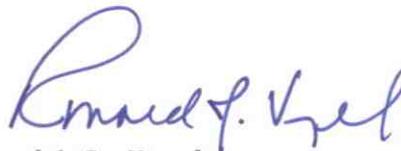
CHANGE TRANSMITTAL	
CHANGE NUMBER: 6	DIRECTIVE IDENTIFICATION AND NUMBER: FNS Handbook 501
DIRECTIVE TITLE: The Food Distribution Program on Indian Reservations	

This change reflects revisions to Exhibit O, the Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size.

This revision reflects guide rates for a new product, a 7.25 oz. package of macaroni and cheese; combines macaroni and cheese, spaghetti, macaroni, and rice under one category; and combines dehydrated potatoes and egg noodles under one category.

PAGE CONTROL CHART

Remove Pages	Dated	Insert Pages	Dated
Exhibit O	8/2006	Exhibit O	7/2007



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 Associate Deputy Administrator
 Special Nutrition Programs

Attachment

DISTRIBUTION: AD, F2, I	MANUAL MAINTENANCE INSTRUCTIONS: Retain and file Change Transmittal in front of directive until further notice. Remove and insert page(s) if applicable.	OPI: FDD-200	7/26/07
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FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
INTERIM MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: August 1, 2007

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
BREAD, CEREAL, RICE, AND PASTA									
Cereal, Dry (all sizes)	1	2	3	4	5	6	7	8	Corn, Oat, Rice, Bran
Quick Oats (42 oz. package)	1 per 2 mos.	1	2	2	3	3	4	4	
Farina (14 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	
Macaroni & Cheese (26 oz. package) and Macaroni (1 lb. box) or Macaroni & Cheese (7.25 oz. box) and Macaroni (1 lb. box) or Macaroni (1 lb. box) or Spaghetti (2 lb. box) or Rice (2 lb. package)	1 1 3 1 2 1 1	2 2 6 2 4 2 4	3 3 9 3 6 3 6	4 4 12 4 8 4 8	5 5 15 5 10 5 10	6 6 18 6 12 6 12	7 7 21 7 14 7 14	8 8 24 8 16 8 16	One box of macaroni & cheese (26 oz.) is treated as 1 pound; three boxes of macaroni & cheese (7.25 oz) are treated as 1 pound; limit of 1 pound of macaroni & cheese per person. Other items may be substituted on a pound-for- pound basis. Any combination cannot exceed 4 pounds per person.
Egg Noodles (1 lb. package) or Dehydrated Potatoes (1 lb. package)	2 2	4 4	6 6	8 8	10 10	12 12	14 14	16 16	May be substituted on a pound-for- pound basis. Any combination cannot exceed 2 pounds per person.
Cornmeal or All Purpose Flour or Whole Wheat Flour (5 lb. bag)	2	4	6	8	10	12	14	16	
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 per 2 mos.	1	2	2	3	3	4	4	

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
VEGETABLES									
Canned Vegetables (#300 can)	9	18	27	36	45	54	63	72	Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Sweet Potatoes, Pumpkin, Diced Tomatoes, Tomato Sauce
Spaghetti Sauce (#300 can)	1	2	3	4	5	6	7	8	
Canned Soups (#1 can)	2	4	6	8	10	12	14	16	Tomato, Vegetarian Vegetable
FRUIT									
Canned Fruit (#300 can)	9	18	27	36	45	54	63	72	Applesauce, Apricots, Peaches, Pears, Pineapple, Mixed Fruit
Dried Fruit (15-16 oz. package)	1	2	3	4	5	6	7	8	Dried Plums, Raisins
Canned Juice (46 oz. can)	3	6	9	12	15	18	21	24	Apple, Grape, Grapefruit, Orange, Pineapple, Tomato, Cranberry-based
NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit per person.									

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS									
Canned Meat/ Poultry/Fish (12-29 oz. can) or	3	6	9	12	15	18	21	24	Beef, Luncheon Meat, Chunky Beef Stew, All- White Meat Turkey, Tuna * Frozen Ground Beef and Frozen Chicken are available only to approved ITOs and SAs determined eligible to receive these products. Substitution Rates: 1 equivalent can of meat/poultry/fish = 2 frozen ground beef = 1 frozen cut up chicken
----- Frozen Ground Beef * (1 lb. package) or	6	12	18	24	30	36	42	48	
----- Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package) or	3	6	9	12	15	18	21	24	
----- Canned Meat/Poultry/Fish (12-29 oz. can) and	1	2	3	4	5	6	7	8	
Frozen Ground Beef * (1 lb. package) and	2	4	6	8	10	12	14	16	
Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package)	1	2	3	4	5	6	7	8	
NOTE: Canned products 15.5 oz. or smaller are issued on a 2 for 1 basis.									
Dry Beans (2 lb. bag)	1	2	3	4	5	6	7	8	Pinto, Great Northern, Baby Lima
Canned Vegetarian Beans (#300 can) or Canned Lowfat Refried Beans (#300 can) or Canned Kidney Beans (#300 can)	2	4	6	8	10	12	14	16	
All Purpose Egg Mix (6 oz. package)	2	4	6	8	10	12	14	16	
Smooth Peanut Butter (18 oz. package) or Roasted Peanuts (12 oz. can)	1	2	3	4	5	6	7	8	

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
MILK, YOGURT, 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	
Evaporated Milk (12 oz. can)	4	8	12	16	20	24	28	32	
Instant Nonfat Dry Milk (25.6 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	No substitutions with evaporated milk.
FATS, OILS, AND SWEETS									
Shortening (3 lb. can) or	1 per 2 mos.	1	2	2	3	3	4	4	
Vegetable Oil (48 fl. oz.) or	1 per 2 mos.	1	2	2	3	3	4	4	
Butter (1 lb. print)	2	3	6	6	9	9	12	12	
Corn Syrup (24 oz. plastic)	1 per 2 mos.	1	2	2	3	3	4	4	