UNITED STATES DEPARTMENT OF AGRICULTURE

FOOD AND NUTRITION SERVICE
ALEXANDRIA, VA 22302-1500

CHANGE TRANSMITTAL	
CHANGE NUMBER: 12	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.

The following changes are being made to Exhibit O:

- Add light buttery spread as an alternative to vegetable oil

- Add a new juice pack size (64 ounce bottle); and

- Revise Exhibit O to be easier to follow and understand.

PAGE CONTROL CHART

Remove Pages	Dated	Insert Pages	Dated
Exhibit O	October 2008	Exhibit O	July 2009

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Associate Administrator
Special Nutrition Programs

DISTRIBUTION:	MANUAL MAINTENANCE INSTRUCTIONS:	OPI:	
AD, F2, I	Retain and file Change Transmittal in front of directive until further notice. Remove and insert page(s) if applicable.	FDD-200	JUN 29 2009

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: August 1, 2009

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

Household Size	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	
Commodity	**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)	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 (7.25 oz. or 26 oz.) Macaroni (1 lb.) Whole Grain Rotini (1 lb.) Spaghetti (2 lb.) Rice (2 lb.)	Any combination of options cannot exceed 4 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. • One 26 oz. box of Macaroni & Cheese is treated as 1 lb.								
Egg Noodles (1 lb. package) Dehydrated Potatoes (1 lb. package)	Up to 2 units per person								
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 per 2 mos.	1	2	2	3	3	4	4	

Commodity	Number of Items Per Month	Options
VEGETABLES and SOUP		
Canned Vegetables (#300 can)	Up to 9 units per person	Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Diced Tomatoes, and Tomato Sauce. Seasonal (October-December): Sweet Potatoes and Pumpkin
Spaghetti Sauce (#300 can)	1 unit per person	
Canned Soups (#1 can)	Up to 2 units per person	Tomato, Vegetarian Vegetable
FRUIT and JUICE		
Canned Fruit (#300 can)	Up to 9 units per person	Applesauce, Apricots, Peaches, Pears, Mixed Fruit
Dried Fruit (15-16 oz. package)	1 unit per person	Dried Plums, Raisins
Canned Juice (46 oz. can) or (64 oz bottles)	Up to 3 units per person or Up to 2 units per person	Apple, Grape, Orange, Grapefruit, Tomato, Cranberry-based
NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit per person		
MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS		
Canned Meat/Poultry/Fish (12-24 oz. can) Frozen Ground Beef * (1 lb. package) Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package) Frozen Beef Roast* (2 lb.) Frozen Turkey Ham* (2 lb.) available January through October	Any combination of options cannot exceed 3 units per person • 2 ground beef chubs are treated as 1 unit • 2 canned products 15.5 oz or smaller are treated as 1 unit	Beef, Chunky Beef Stew, Canned Chicken, Tuna, *Frozen meats are available only to approved ITOs and SAs determined eligible to receive these products.
NOTE: Frozen Pork Ham (water added; 3 lb.) available November and December (one per person per month; no substitution with other meat products)		
Dry Beans (2 lb. bag)	1 unit per person	Pinto, Great Northern, Baby Lima
Canned Beans (#300 can)	Up to 2 units per person	Vegetarian, Refried Beans (no fat added), Kidney Beans
All Purpose Egg Mix (6 oz. package)	Up to 2 units per person	
Smooth Peanut Butter (18 oz. package) Roasted Peanuts (12 or 16 oz. can)	Up to 2 units per person	

Household Size	*1*	*2*	*3*	*4*	*5*	*6*	*7*	*8*	
Commodity	**Number of Items Per Month**								**Options**
MILK 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)	Up to 4 units per person								
Instant Nonfat Dry Milk (25.6 oz. box) **or**	1 per 2 mos.	1	2	2	3	3	4	4	1 unit of Instant Nonfat Dry Milk may be exchanged for 4 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**	1	1	2	2	3	3	4	4	
Light Buttery Spread (15 oz.)	1	2	4	4	6	6	8	8	