

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

CHANGE TRANSMITTAL	
CHANGE NUMBER: 15	DIRECTIVE IDENTIFICATION AND NUMBER: FNS Handbook 501
DIRECTIVE TITLE: The Food Distribution Program on Indian Reservations	

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

- an increase to the monthly guide rates for the light buttery spread

PAGE CONTROL CHART

Remove Pages	Dated	Insert Pages	Dated
Exhibit O	Correction 9/2009	Exhibit O	11/2009



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

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

<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>	
<b>Commodity</b>	<b>Number of Items Per Month</b>								<b>Options</b>
<b>GRAINS, CEREAL, RICE and PASTA</b>									
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
<b>VEGETABLES and SOUP</b>		
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
<b>FRUIT and JUICE</b>		
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		
<b>MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS</b>		
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)	1 unit per person	

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<b>Commodity</b>	<b>Number of Items Per Month</b>								<b>Options</b>
<b>MILK and CHEESE</b>									
Block Process American Cheese <u>or</u> 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) <u>or</u> 1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton)	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
	Up to 4 units per person								
<b>OIL</b>									
Vegetable Oil (48 fl. oz.) <u>or</u> Light Buttery Spread (15 oz.)	1	1	2	2	3	3	4	4	45 ounces of light buttery spread may be exchanged for 1 unit of vegetable oil
	2	3	6	6	9	9	12	12	