

**-INTERIM-**  
**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS**  
**MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE**  
**Effective: November 1, 2010**

**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.)	<p align="center">Any combination of options cannot exceed 4 lbs. per person; limit of 1 lb. of Macaroni &amp; Cheese per person</p> <ul style="list-style-type: none"> <li>• Three 7.25 oz. boxes of Macaroni &amp; Cheese are treated as 1 lb.</li> <li>• One 26 oz. box of Macaroni &amp; Cheese is treated as 1 lb.</li> </ul>								
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 (15.5 oz. can)	Up to 9 units per person	Carrots, Corn Kernel, Corn Cream, Hominy, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Diced Tomatoes, and Tomato Sauce. Seasonal (October-December): Sweet Potatoes and Pumpkin
Spaghetti Sauce (15.5 oz.)	1 unit per person	
Canned Soups (10.5 oz. )	Up to 2 units per person	Tomato, Vegetarian Vegetable
<b>FRUIT and JUICE</b>		
Canned Fruit (15.5 oz. can)	Up to 9 units per person	Applesauce, Apricots, Peaches, Pears, Mixed Fruit
Dried Fruit (15-16 oz. )	1 unit per person	Dried Plums, Raisins
Juices (46 oz. can) or (64 oz bottles)	Up to 3 units per person (46 oz.) or up to 2 units per person (64 oz)	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)	Any combination of units cannot exceed 3 units per person:	Beef, Chunky Beef Stew, Canned Chicken, Tuna
Frozen Ground Beef (1 lb. package)	<ul style="list-style-type: none"> <li>• 2 canned products 15.5 oz or smaller are treated as 1 unit</li> </ul>	Frozen meats are available only to approved ITOs and SAs determined eligible to receive these products.
<b><u>Frozen Ground Bison (1 lb. package)</u></b>	<ul style="list-style-type: none"> <li>• 2 ground beef chubs are treated as 1 unit</li> </ul>	
<b><u>Frozen Cut-up Chicken (8 piece in bag approx. 4 lb. package)</u></b>	<ul style="list-style-type: none"> <li>• <b><u>Frozen ground bison is limited to 1 lb. per person. Households may select 1 lb. of frozen ground beef to be combined with the frozen ground bison, so that 1 lb. of frozen ground bison and 1 lb. of frozen ground beef equal 1 unit.</u></b></li> </ul>	
Frozen Beef Roast (2 lb.)		
Frozen Turkey Ham (2 lb.)	<ul style="list-style-type: none"> <li>• Individual Beef Roasts, packs of Cut-up Chicken, Turkey Hams, and cans larger than 15.5 oz. are treated as 1 unit each</li> </ul>	
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 (15.5 oz. can)	Up to 2 units per person	Vegetarian, Refried (no fat added), Kidney, <b><u>Black, Pinto</u></b>
All Purpose Egg Mix (6 oz. package)	Up to 2 units per person	
Smooth Peanut Butter (18 oz.) or Roasted Peanuts (12 or 16 oz.)	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 <b>or</b> 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) <b>or</b>	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
1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton)	Up to 4 units per person								
<b>OIL</b>									
Vegetable Oil (48 fl. oz.) <b>or</b>	1	1	2	2	3	3	4	4	45 ounces of light buttery spread may be exchanged for 1 unit of vegetable oil
Light Buttery Spread (15 oz.)	2	3	6	6	9	9	12	12	

**Food Distribution Program on Indian Reservations  
Fresh Fruit and Vegetable Guide Rates**

**Guide Rates:**

FDPIR households may substitute 1 pound of fresh produce for 1 canned item, up to a total of 9 cans of fruit and 9 cans of vegetables per person. Some produce items are not pre-bagged, but are offered in bulk. The number of loose items equal to 1 can are listed below.

**Substitution Rate:**

FDPIR households may substitute 1 pound of vegetable for 1 pound of fruit up to 4 pounds of fruit per person.

<b><u>Vegetables</u></b>	<b><u>Equal to 1 can</u></b>	<b><u>Fruits</u></b>	<b><u>Equal to 1 can</u></b>
Carrots	8 medium	Apples	3 medium
Baby Carrots	1 lb.	Avocado	2 medium
Yellow Onions	4 medium	Grapefruit	2 medium
Red Onions	4 medium	Oranges	3 medium
Russet Potatoes	2 medium	Pears	3 medium
Red Potatoes	3 medium	Mixed Fruit	1 lb. bag
Winter Squash	1 medium		
Summer Squash	2 medium	<b><u>Seasonal:</u></b>	
Sweet Potatoes	2 medium	Peaches	3 medium
Turnips	3 medium	Cherries	1 lb.
Cabbage	1 medium	Seedless Grapes	1 lb.
Celery	1 medium bunch	Honey Dew Melon	½ medium
Mixed Vegetables	1 lb.	Kiwi	6 medium
Brussel Sprouts	1 lb.	Nectarines	3 medium
Cauliflower	1 medium (2 small)	Plums	6 medium
Romaine Lettuce	1 bunch		
Radishes	1 lb.		
<b><u>Seasonal:</u></b>			
Corn	3 large ears (5 medium)		
Asparagus	1 medium bunch		
Tomatoes	3 medium		
Cucumbers	2 medium		
Green Pepper	3 medium		