

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS  
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE  
Effective: October 1, 2004

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
<b>BREAD, CEREAL, RICE, AND PASTA</b>									
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 (1 package) <b>and</b> Macaroni (1 lb. box)  <b>or</b>  Macaroni (1 lb. box)  <b>or</b>  Spaghetti (2 lb. box)	1  1  2  1	2  2  4  2	3  3  6  3	4  4  8  4	5  5  10  5	6  6  12  6	7  7  14  7	8  8  16  8	<b>NOTE: Pasta and rice may be substituted on a pound-for-pound basis. Any combination of pasta and rice cannot exceed 4 pounds per person.</b>  <b>EXCEPTION: Macaroni &amp; Cheese shall not exceed 1 package per person.</b>
Rice (2 lb. package)	1	2	3	4	5	6	7	8	
Egg Noodles (1 lb. package)	1	2	3	4	5	6	7	8	
Cornmeal <b>or</b> All Purpose Flour <b>or</b> 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	

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EXHIBIT O**

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
<b>VEGETABLES</b>									
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	
Dehydrated Potatoes (1 lb. package)	1	2	3	4	5	6	7	8	
Canned Soups (#1 can)	2	4	6	8	10	12	14	16	Tomato, Vegetarian Vegetable
<b>FRUIT</b>									
Canned Fruit (#300 can)	9	18	27	36	45	54	63	72	Applesauce, Apricots, Peaches, Pears, Pineapple, Fruit Cocktail
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
<b>NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit per person.</b>									

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
<b>MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS</b>									
Canned Meat/Poultry/Fish (12-30 oz. can) <b>or</b> Canned Meat/Poultry/Fish (1.8 lb. can) <b>and</b> Frozen Ground Beef* (1 lb. package) <b>or</b> Canned Meat/Poultry/Fish (1.8 lb. can) <b>and</b> Frozen Ground Beef* (1 lb. package) <b>and</b> Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package)	3 1 3 1 1 1	6 2 6 2 2 2	9 3 9 3 3 3	12 4 12 4 4 4	15 5 15 5 5 5	18 6 18 6 6 6	21 7 21 7 7 7	24 8 24 8 8 8	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 can of meat/poultry/fish = 2 frozen ground beef = 1 frozen chicken
<p><b>NOTE: Households may apply the substitution rates up to the following maximum rates of issuance: 3 cans of meat/poultry/fish per person; 3 frozen ground beef per person; 1 frozen chicken per person. Canned products 15.5 oz. or smaller are issued on a 2 for 1 basis.</b></p>									
Dry Beans (2 lb. bag)	1	2	3	4	5	6	7	8	Pinto, Great Northern, Baby Lima
Canned Vegetarian Beans (#300 can) <b>or</b> Canned Lowfat Refried Beans (#300 can) <b>or</b> Canned Kidney Beans (#300 can)	2	4	6	8	10	12	14	16	<b>NOTE: May be substituted on a pound-for-pound basis.</b>
All Purpose Egg Mix (6 oz. package)	2	4	6	8	10	12	14	16	
Smooth Peanut Butter (18 oz. package) <b>or</b> Roasted Peanuts (12 oz. can)	1 1	2 2	3 3	4 4	5 5	6 6	7 7	8 8	

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
<b>MILK, YOGURT, AND CHEESE</b>									
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	<b>NOTE: <u>No</u> substitutions with evaporated milk.</b>
<b>FATS, OILS, AND SWEETS</b>									
Shortening (3 lb. can) or Vegetable Oil (48 fl. oz.) or Butter (1 lb. print)	1 per 2 mos.	1	2	2	3	3	4	4	<b>NOTE: May be substituted on a pound-for-pound basis.</b>
	1 per 2 mos.	1	2	2	3	3	4	4	
	2	3	6	6	9	9	12	12	
Corn Syrup (24 oz. plastic)	1 per 2 mos.	1	2	2	3	3	4	4	

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

**Guide Rates:**

Participating 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.

**Substitution Rate:**

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

**Fresh Produce Shopping List:**

**Vegetables**

Carrots  
Onions  
Red Onions  
Russet Potatoes  
Red Potatoes  
Winter Squash  
Sweet Potatoes  
Turnips  
Cabbage  
Celery  
Green Pepper  
Cucumbers  
Mixed Vegetables

**Seasonal:**

Corn

**Fruits**

Apples  
Grapefruit  
Oranges  
Pears  
Mixed Fruit

**Seasonal:**

Peaches