

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE**

Effective Date: October 1, 2024

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

USDA Food	Number of Items Per Month
GRAINS, CEREAL, RICE, AND PASTA	
Ready-to-Eat Cereal, Dry (all sizes) Quick Oats (18 oz.) Farina (18 oz.)	Up to 2 units per person
Macaroni & Cheese (7.25 – 10.2 oz.) Macaroni (1 lb.) Whole Grain Rotini (1 lb.) Spaghetti (1 lb.) Egg Noodles (1 lb.) Rice (1 lb.) Saltine Crackers (1 lb.) Whole Grain Tortillas (1 lb.)	Any combination of options cannot exceed 5 units per person: <ul style="list-style-type: none"> • Three 7.25-10.2 oz. boxes or pouches of Macaroni & Cheese are treated as 1 unit. Limit of 1 unit of Macaroni & Cheese per person. • Wild Rice (1 lb.) is subject to availability and is not considered to be part of the 5 units of pasta, rice, crackers, and tortillas. It is treated as bonus and cannot be exchanged with other grain products.
Yellow Cornmeal (5 lb.) Blue Cornmeal (2 lb.) All Purpose Flour (5 lb.) White Whole Wheat Flour (5 lb.) Bakery Mix (20 oz.)	Up to 2 units per person

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VEGETABLES AND SOUP	
<p>Canned Vegetables (15.5 oz.): Carrots, Corn Kernel, Corn Cream, Hominy, Green Beans, Mixed Vegetables, Peas, Potatoes, Spaghetti Sauce, Spinach, Diced Tomatoes, and Tomato Sauce</p> <p>Dehydrated Potatoes (1 lb.)</p> <p>Fresh Vegetables (1 lb.): Asparagus, Baby Carrots, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumbers, Jalapeno Peppers, Lettuce (Iceberg and Romaine), Mixed Vegetables, Onions (Red and Yellow), Radish, Peppers (Green, Red), Potatoes (Red and Russet), Spinach, Squash, (Summer and Winter), Tomatoes (Round, Cherry, Grape), Sweet Potatoes, Turnips/Rutabaga</p> <p>Frozen Vegetables (1 lb.): Peas, Carrots, and Vegetable Stir-Fry Blend</p>	<p style="text-align: center;">Up to 20 units per person:</p> <ul style="list-style-type: none"> • Seasonal Vegetables: Asparagus, Brussels Sprouts, Corn, Cucumbers, Peppers (Green, Red), Sweet Potatoes, Squash (Summer and Winter), Tomatoes (Round, Cherry, Grape), Turnips/Rutabaga • A full list of fresh vegetables and various pack sizes can be found in the FFAVORS catalog. • 1 lb. of fresh vegetables is treated as 1 unit. • Canned sweet potatoes and pumpkin are subject to availability on a seasonal basis and are not considered to be part of the 20 units of vegetables. They cannot be exchanged with other vegetable products.
<p>Soups: Beef Stew (24 oz.), Tomato, Vegetarian Vegetable, Cream of Mushroom, and Cream of Chicken Soup (10.5 oz. Condensed)</p>	<p style="text-align: center;">Up to 3 units per person</p>
FRUIT AND JUICE	
<p>Canned Fruit (15.5 oz.): Apricots, Mixed Fruit, Peaches, and Pears</p> <p>Fresh Fruit (1 lb.): Apples, Avocado, Cherries, Cranberries, Grapes, Grapefruit, Honeydew Melon, Kiwifruit, Lemons, Mixed Fruit, Nectarines, Oranges, Peaches, Pears, Plums, Tangerine/Clementine/Mandarin</p> <p>Dried Fruit (15-16 oz.): Plums and Raisins</p> <p>Frozen Fruit (1 lb.): Blueberries and Strawberries</p> <p>6-Cup Sleeve (24 oz.): Applesauce</p> <p>Juice (64 oz. bottle): Apple, Cherry Apple, Cranberry Apple, Grape, Orange, and Tomato</p>	<p style="text-align: center;">Up to 20 units per person:</p> <ul style="list-style-type: none"> • Seasonal Fruits: Avocado, Cranberries, Cherries, Grapes, Honeydew Melon, Kiwifruit, Nectarine, Peaches, Plums, Tangerine/Clementine/Mandarin • A full list of fresh fruit and various pack sizes can be found in the FFAVORS catalog. • 1 lb. of fresh fruit is treated as 1 unit. • One bottle of juice (64 oz.) is treated as 5 units. Limit of 2 bottles of juice per person. • Cranberry Sauce is subject to availability on a seasonal basis and is not considered to be part of the 20 units of fruit. It cannot be exchanged with other fruit or juice products.

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MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS	
<p>Canned Meat, Fish and/or Poultry (12-24 oz.)</p> <p>Frozen Beef Roast (2 lb.)</p> <p>Frozen Ground Beef (1 lb.)</p> <p>Frozen Ground Bison (1, 1.25, or 2 lbs.)</p> <p>Frozen Bison Stew Meat (2 lbs.)</p> <p>Frozen Pork Chops (1 lb.)</p> <p>Frozen Chicken (3-4 lbs.): Whole and Boneless Breast</p> <p>Frozen Turkey Deli, Sliced (2 lbs.)</p>	<p>Any combination of units cannot exceed 6 units per person:</p> <ul style="list-style-type: none"> • Two canned or frozen meat, poultry, and fish items 16 oz. (1 lb.) or smaller are treated as 1 unit. For example, two 1 lb. packs of ground beef are treated as 1 unit. • Canned or frozen meat, poultry, and fish items larger than 16 oz. (1 lb.) are treated as 1 unit each. For example, one 2 lb. frozen beef roast or sliced turkey deli is treated as 1 unit. • Two 1 lb. or 1.25 lb. packs of frozen ground bison are treated as 1 unit. One 2 lb. frozen ground bison pack is treated as 1 unit. • Smoked Pit Ham (5 lb.) is available on a seasonal basis (one per person per month) subject to availability. It is not considered to be part of the 6 units of meat/poultry/fish. It is treated as bonus and cannot be exchanged with other meat products. • Frozen walleye (1 lb.), wild frozen salmon (1 lb.), and frozen catfish (2 lb.) are subject to availability and are not considered to be part of the 6 units of meat/poultry/fish. These products are treated as bonus and cannot be exchanged with other meat products.
<p>Canned Beans (15.5 oz.): Black, Kidney, Pinto, Refried, and Vegetarian</p> <p>Dry Beans (1 lb.): Great Northern and Pinto</p>	<p>Up to 4 units per person</p>
<p>All Purpose Egg Mix (6 oz.)</p> <p>Shell Eggs (1 dozen)</p>	<p>Any combination up to 2 units per person:</p> <ul style="list-style-type: none"> • Two 6 oz. packages of dried egg mix are treated as 1 unit. • One dozen shell eggs is treated as 1 unit.
<p>Smooth Peanut Butter (16 oz.)</p> <p>Roasted Peanuts (1 lb.)</p> <p>Fruit & Nut Mix (1 lb.)</p>	<p>1 unit per person</p>

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<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>
Block Process American Cheese (5 lb.) or Sliced Reduced-fat American Cheese Blend (5 lb.)	1 per 2 mos.	1	2	2	3	3	4	4
Skim evaporated milk (12 oz.) Instant Nonfat Dry Milk (12.8 oz.) 1% Ultra High Temperature (UHT) Milk (32 fl. oz.)	Any combination of units up to 8 units per person. <ul style="list-style-type: none"> • One 12 oz. can skim evaporated milk is treated as 1 unit. • One 12.8 oz. box of Instant Nonfat Dry Milk is treated as 4 units. • One 32 fl. oz. carton of 1% UHT milk is treated as 1 unit. 							
<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>
Total number of units per household	4	4	6	6	9	9	12	12
Butter (16 oz.) Vegetable Oil (48 fl. oz.) Light Buttery Spread (15 oz.) Extra Virgin Olive Oil (16.9 fl. oz.)	Any combination of units up to the total number of units indicated per household. <ul style="list-style-type: none"> • One 16 oz. package of butter is treated as 3 units. • One 48 oz. bottle of vegetable oil is treated as 3 units. • One 15 oz. tub of light buttery spread is treated as 1 unit. • One 16.9 oz. bottle of olive oil is treated as 1 unit. Olive oil is subject to availability.							