

MONTHLY DISTRIBUTION

Commodity	Unit Size	Household Size 1-3	Household Size 4-6	Household Size 7 & Up
*Cereals	13oz/15oz/16oz/18oz	2 Max	3 Max	3 Max
Dried Beans/Refried Beans	2#	1	1	2
Figs/Prunes/Raisins/Dates	1#	2	2	3
NFD Milk/Flour Mix /Potatoes	1#.4oz	1	1	1
Frozen Fruits	2#	1	1	2
Frozen Meats	1# to 3#	1	2	3
*Fruits	#2cn - 300cn - 303cn	2 EA. Max 4	3 Ea Max 6	3 Ea Max 6
*Juices	46 oz	1Ea. Max 2	1 Ea Max 4	2 ea Max 4
*Macaroni/Spaghetti	1# - 2#	2 Max	3 Max	4 Max
*Meats/Fish/tuna/Beef Stew	29oz - 14.75oz - 12oz	2Max	2 Max	3 Max
Peanut Butter	18oz - 2#	1	2	2
*Rice/Potatoes	#300cn - #303 - 2#	2 Max	3 Max	3 Max
Roasted Nuts/Soup	12oz - 1# - #300cn	2	3	3
*SpaghettiSauce/TomatoSauce	#300cn - #303cn	2 max	3 Max	4 Max
Vegetable Oil	48 oz	1	2	2
*Vegetables	#300cn - #303cn	2 EA Max 4	3 Ea Max 6	3 Ea Max 6
Walnuts/Trail Mix	1#	1	2	2

BI-MONTHLY

Commodity	Unit Size	Household Size 1-3	Household Size 4-6	Household Size 7 & Up
*Cereals	13oz/15oz/16oz/18oz	4 Max	6 Max	6 Max
Dried Beans	2#	2	2	4
Figs/Prunes/Raisins/Dates	1#	4	4	6
NFD Milk/Flour Mix	1#.4oz	2	2	2
Frozen Fruits	2#	2	2	4
Frozen Meats	1# to 3#	2	4	6
*Fruits	#2cn - 300cn - 303cn	4 Ea Max 8	6 Ea Max 12	6 Ea Max 12
*Juices	46 oz	2 Ea Max 4	2 Ea Max 8	4 Ea Max 8
*Macaroni/Spaghetti	1# - 2#	4 Max	6 Max	8 Max
*Meats/Fish/tuna/Beef Stew	29oz - 14.75oz - 12oz	4 Max	4 Max	6 Max
Peanut Butter	18oz - 2#	2	4	4
*Rice/Potatoes	#300cn - #303 - 2#	4 Max	6 Max	6 Max
Roasted Nuts/Soup	12oz - 1# - #300cn	4	6	6
*SpaghettiSauce/TomatoSauce	#300cn - #303cn	4 Max	6 Max	8 Max
Vegetable Oil	48 oz	2	4	4
*Vegetables	#300cn - #303cn	4 Ea Max 8	6 Ea Max 12	6 Ea Max 12
Walnuts/Trail Mix	1#	2	2	4

For quarterly distribution, multiply by three (3).