

HOUSEHOLD DISTRIBUTION RATE OF USDA COMMODITIES

MONTHLY DISTRIBUTION



| Commodity                    | Unit Size                        | Household Size | Household Size | Household Size |
|------------------------------|----------------------------------|----------------|----------------|----------------|
|                              |                                  | 1-3            | 4-6            | 7 & Up         |
| Cereals                      | 13oz/15oz/16oz/18oz              | 2 Max          | 3 Max          | 3 Max          |
| Cheese                       | 2# Block                         | 1 Max          | 1 Max          | 1 Max          |
| Dried Beans                  | 2#                               | 1              | 1              | 2              |
| Figs/Prunes/Raisins/Dates    | 1#                               | 2              | 2              | 3              |
| Raisins                      | 1.33 oz                          | 24             | 24             | 36             |
| Dried Fruit                  | 2#                               | 1              | 1              | 2              |
| NFD Milk/Flour Mix /Potatoes | 1#.4oz                           | 1              | 1              | 1              |
| Fresh Products               | 1unit                            | 12             | 18             | 18             |
| *Fresh Potatoes              | 5lb Bags                         | 2              | 4              | 6              |
| Frozen Fruits                | 2#                               | 1              | 1              | 2              |
| Frozen Meats                 | 1# to 3#                         | 1              | 2              | 3              |
| Frozen Juice or Fruit Cups   | 4 oz                             | 11             | 11             | 22             |
| Fruits                       | #2cn - <u>300cn</u> - 303cn      | 2 Ea. Max 4    | 3 Ea. Max 6    | 3 Ea. Max 6    |
| Juices Canned                | 46 oz                            | 1Ea. Max 2     | 1 Ea. Max 4    | 2 Ea. Max 4    |
| Juices Bottles               | 64 oz Bottles                    | 1 Ea. Max 1    | 1 Ea. Max 2    | 2 Ea. Max 3    |
| Macaroni/Spaghetti           | 1# - <u>2#</u>                   | 2 Max          | 3 Max          | 4 Max          |
| Meats/Fish/Tuna/Beef Stew    | <u>29oz</u> - 14.75oz - 12oz     | 2Max           | 2 Max          | 3 Max          |
| *Milk Fresh                  | Half Gallon                      | 1              | 2              | 3              |
| Peanut Butter                | 18oz - 2#                        | 1              | 2              | 2              |
| Pudding                      | 3.5 oz                           | 8              | 10             | 12             |
| Rice/Potatoes                | #300cn - <u>#303</u> - 2#        | 2 Max          | 3 Max          | 3 Max          |
| Roasted Nuts/Soup            | <u>12oz</u> - 1# - <u>#300cn</u> | 2              | 3              | 3              |
| Soup 32oz                    | 32 oz Carton                     | 1              | 2              | 2              |
| Shelf Stable Milk            | Quart                            | 2              | 4              | 6              |
| Shelf Stable Milk 8oz        | 8oz                              | 6              | 6              | 8              |
| Spaghetti Sauce/Tomato Sauce | #300cn - #303cn                  | <u>2 max</u>   | 3 Max          | 4 Max          |
| Vegetables                   | #300cn - #303cn                  | 2 EA Max 4     | 3 Ea Max 6     | 3 Ea Max 6     |
| Walnuts/Trail Mix            | 1#                               | 1              | 2              | 2              |

These foods have a maximum amount that can be issued. For example if you have three (3) different vegetables you can only issue a total of four (4) cans of vegetables for (1-3) and a total of six (6) cans of vegetables for the other household categories.

\* Please note that if you do not have enough of these items you can reduce it.