

HOUSEHOLD DISTRIBUTION RATE OF USDA COMMODITIES

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
Cheese	2# Block	1 Max	1 Max	1 Max
Dried Beans	2#	1	1	2
Figs/Prunes/Raisins/Dates	1#	2	2	3
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 - 300cn - 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# - 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
Pudding	3.5 oz	8	10	12
Rice/Potatoes	#300cn - #303 - 2#	2 Max	3 Max	3 Max
Roasted Nuts/Soup	12oz - 1# - #300cn	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	2 max	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.

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
Cheese	2 # Block	2 Max	2 Max	2 Max
Dried Beans	2#	2	2	4
Figs/Prunes/Raisins/Dates	1#	4	4	6
Dried Fruit	2#	2	2	4
NFD Milk/Flour Mix	1#.4oz	2	2	2
Fresh Products	1 unit	24	36	36
*Fresh Potatoes	5 lb Bags	4	8	12
Frozen Fruits	2#	2	2	4
Frozen Meats	1# to 3#	2	4	6
Frozen Juice or Fruit Cups	4.0 oz	22	22	44
Fruits	#2cn - 300cn - 303cn	4 Ea Max 8	6 Ea Max 12	6 Ea Max 12
Juices Canned	46 oz Canned	2 Ea Max 4	2 Ea Max 8	4 Ea Max 8
Juices Bottles	64 oz Bottles	2 Ea Max 3	2 Ea Max 6	3 Ea Max 6
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
Pudding	3.5 oz	16	20	24
Rice/Potatoes	#300cn - #303 - 2#	4 Max	6 Max	6 Max
Roasted Nuts/Soup	12oz - 1# - #300cn	4	6	6
Soup 32oz	32 Carton	2	3	3
Shelf Stable Milk	Quart	4	8	12
Shelf Stable Milk 8 oz	8 oz	18	18	24
Spaghetti Sauce/Tomato Sauce	#300cn - #303cn	4 Max	6 Max	8 Max
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).

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.