Commodity Supplemental Food Program: Side-by-Side Comparison

Current Monthly Foods	November 2019 Monthly Foods	Comments
Fruits 2 units (15.5 oz) **Juices** 2 units (64 oz)	1 juice (64 oz) and 3 units fruit (15.5 oz); or 2 juices and 2 units fruit; or 1 juice and 2 units fruit and 1 box raisins (15 oz); or 2 juices and 1 unit fruit and 1 box raisins	Raisins are a new food. Fruit and juice sizes do not change. Fruit and juice categories combined.
Vegetables 4 units (15.5 oz)	8 vegetables (15.5 oz) or soup (10.5 oz); or 6 vegetables or soup and 1 unit dehydrated potatoes (1 lb)	Vegetable soup is a new food. Amount of vegetables doubles. Potatoes issued with the vegetables.
Cheese 1 unit (2 lb)	1 unit (2 lb)	No changes
Milk 2 units UHT milk (32 oz) and 1 unit instant nonfat dry milk (12.8 oz) or 1 unit nonfat dry milk (25.6 oz) every other month	2 UHT milk (32 oz); or 1 UHT (32 oz) and 1 nonfat dry milk (12.8 oz)	Bimonthly issuance of nonfat dry milk eliminated. May mix milk choices. Can choose all UHT milk or UHT milk and nonfat dry milk.
Meat, Poultry, and Fish 1 unit beef, beef stew, or chili (24 oz); or 2 units poultry or fish (10-15 oz)	1 beef, beef stew, or chili (24 oz) and 1 poultry or fish (10-15 oz); or 3 units poultry or fish in any combination	An additional unit is offered to participants. Able to choose a mix of shelf-stable meat, poultry, and fish.
Plant-Based Protein 1 unit peanut butter (18 oz); or 1 unit dry beans (2 lb)	3 peanut butter (16 oz), canned beans (15.5 oz), dry beans (1 lb), or dry lentils (1 lb) in any combination	Canned beans and dry lentils are new foods. Peanut butter changed to 16 oz size. Dry beans changed to 1 lb size. Vegetarian beans are moved to this category.
Cereals 2 units dry cereal (12-18 oz); or 2 units farina (18 oz); or 1 unit rolled oats (42-48 oz); or 1 unit grits (5 lb) every other month	2 dry cereal (12-18 oz), farina (18 oz), rolled oats (18 oz), or grits (2 lb) in any combination	Grits changed to 2 lb size. Oats changed to 18 oz size. Bimonthly issuance of grits eliminated. May mix cereal choices. Grits issued with cereals.
Pasta and Rice 1 unit dehydrated potatoes; or 2 units pasta (1 lb); or 1 unit rice (2 lb); or 1 unit grits (5 lb) every other month	2 pasta (1 lb) or white or brown rice (1 lb) in any combination	Brown rice is a new food. Rice changed to 1 lb size. Dehydrated potatoes issued with vegetables.

*Programs may continue to distribute any remaining larger package sizes until inventories are depleted.

USDA is an equal opportunity provider, employer, and lender.