

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective Date: March 1, 2021**

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

USDA Food	Number of Items Per Month
GRAINS, CEREAL, RICE and PASTA	
Cereal, Dry (all sizes): Corn Flakes, Corn Squares, Oat Circles, Rice Crisp, Shredded Wheat, Wheat Bran Flakes Quick Oats (18 or 42 oz.) Farina (18 oz.)	Up to 2 units per person
Macaroni & Cheese (7.25 oz.) Macaroni (1 lb.) Whole Grain Rotini (1 lb.) Spaghetti (1 lb.) Egg Noodles (1 lb.) Rice (1 or 2 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 oz. boxes of Macaroni & Cheese are treated as 1 unit. Limit of 1 unit of Macaroni & Cheese per person. • One bag of rice (1 lb.) is treated as 1 unit. One bag of rice (2 lb.) is treated as 2 units. • Wild Rice (1 lb.) is subject to availability 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./1.25 lb.)	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. Seasonal (October-December): Sweet Potatoes and Pumpkin</p> <p>Dehydrated Potatoes (1 lb.)</p> <p>Fresh Vegetables (see attached list)</p> <p>Frozen Vegetables (2.5 lb.): Peas</p>	<p align="center">Up to 13 units per person</p> <ul style="list-style-type: none"> One bag of frozen peas (2.5 lb.) is treated as 3 units.
<p>Soups: Beef Stew (24 oz.), Tomato, Vegetarian Vegetable, Cream of Mushroom, and Cream of Chicken Soup (10.5 oz. Condensed), Cream of Chicken Soup (22 oz. Ready to Eat)</p>	<p align="center">Up to 3 units per person</p>
FRUIT and JUICE	
<p>Canned Fruit (15.5 oz.): Apricots, Mixed Fruit, Peaches, Pears</p> <p>Fresh Fruit (see attached list)</p> <p>Dried Fruit (15-16 oz.): Plums, Raisins</p> <p>Frozen Fruit (2.5 lb.): Blueberries</p> <p>6-Cup Sleeve (24 oz.): Applesauce</p> <p>Juice (64 oz. bottle): Apple, Cherry Apple, Cranberry Apple, Grape, Orange, Tomato</p>	<p align="center">Up to 20 units per person</p> <ul style="list-style-type: none"> 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. One bag of frozen blueberries (2.5 lb.) is treated as 3 units. One bottle of juice (64 oz.) is treated as 5 units. Limit of 2 bottles of juice per person.

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MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS	
<p>Canned Meat, Poultry, Fish (12-24 oz.): Beef, Chicken, Tuna</p> <p>Frozen Ground Beef (1 lb.)</p> <p>Frozen Pork Chops (1 lb.)</p> <p>Frozen Chicken (3-5 lbs.): Split Breast, Whole, Boneless Breast</p> <p>Frozen Beef Roast (2 lb.)</p> <p>Frozen Ground Bison (1, 1.25 or 2 lbs.)</p>	<p style="text-align: center;">Any combination of units cannot exceed 3 units per person:</p> <ul style="list-style-type: none"> • Two canned products 16 oz. (1 lb.) or smaller are treated as 1 unit. For example, two ground beef chubs are treated as 1 unit. • Individual frozen chicken packs, beef roasts, and cans larger than 16 oz. are treated as 1 unit each. • Two 1 lb. or 1.25 lb. of frozen ground bison packs are treated as 1 unit. One 2 lb. of frozen ground bison packs are treated as 1 unit. • Smoked Pit Ham (5 lb.) available November and December (one per person per month) 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 cannot be exchanged with other meat products.
<p>Canned Beans (15.5 oz.): Black, Kidney, Pinto, Refried, Vegetarian</p> <p>Dry Beans (1 or 2 lb.): Great Northern, Pinto</p>	<p style="text-align: center;">Up to 4 units per person</p> <ul style="list-style-type: none"> • One bag of dry beans (1 lb.) is treated as 1 unit. One bag of dry beans (2 lb.) is treated as 2 units.
<p>All Purpose Egg Mix (6 oz.)</p>	<p style="text-align: center;">Up to 1 unit per person</p> <ul style="list-style-type: none"> • Two 6 oz. packages are treated as 1 unit
<p>Smooth Peanut Butter (16 or 18 oz.)</p> <p>Roasted Peanuts (1 lb.)</p> <p>Fruit & Nut Mix (1 lb.)</p>	<p style="text-align: center;">1 unit per person</p>

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MILK and CHEESE								
<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. 							
OIL								
<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>
Vegetable Oil (48 fl. oz.) or Light Buttery Spread (15 oz.) or Butter (16 oz.)	1	1	2	2	3	3	4	4
For 3 person and larger households: 48 fluid ounces of vegetable oil = 45 ounces of light buttery spread = 1 lb. of butter.								

**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
FRESH FRUIT AND VEGETABLE GUIDE RATES**

Guide Rates:

FDPIR households may select up to 20 units of fruit and 13 units of vegetables per person per month. Each pound of fresh fruit or vegetables equals one unit. Some produce items are not pre-bagged, but are offered in bulk. The number of loose items equal to 1 unit is listed below.

Fruit/Vegetable Substitution Rate:

FDPIR households may substitute 1 pound of vegetables for 1 pound of fruit up to 5 pounds of fruit per person. If 5 pounds of vegetables are substituted for 5 pounds of fruit, the participant would be able to take 15 units of fruit and 18 units of vegetables.

<u>Year Round Vegetables</u>	<u>Equal to 1 unit</u>	<u>Year Round Fruits:</u>	<u>Equal to 1 unit</u>
Carrots	8 medium	Apples	3 medium
Baby Carrots	1 lb.	Grapefruit	2 medium
Broccoli	1 lb.	Oranges	3 medium
Yellow Onions	4 medium	Pears	3 medium
Red Onions	4 medium	Mixed Fruit	1 lb.
Russet Potatoes	2 medium	Lemons	4 medium
Red Potatoes	3 medium		
Cabbage	1 medium	<u>Seasonal Fruits:</u>	
Celery	1 medium bunch	Avocado	2 medium
Mixed Vegetables	1 lb.	Peaches	3 medium
Cauliflower	1 medium (2 small)	Cherries	1 lb.
Romaine Lettuce	1 bunch	Seedless Grapes	1 lb.
Radishes	1 lb.	Honey Dew Melon	½ medium
		Kiwi	6 medium
<u>Seasonal Vegetables:</u>		Nectarines	3 medium
Corn	3 large ears (5 medium)	Plums	6 medium
Asparagus	1 medium bunch	Clementine/	1 lb.
Tomatoes	3 medium	Mandarin/Tangerine	
Cherry Tomatoes	1 pint	Cranberries	12 oz.
Grape Tomatoes	1 pint		
Cucumbers	2 medium		
Green Pepper	3 medium		
Brussel Sprouts	1 lb.		
Winter Squash	1 medium		
Summer Squash	2 medium		
Sweet Potatoes	2 medium		
Turnips/Rutabaga	3 medium		

Seasonal Produce Requests: If a seasonal item is not listed on the FFAVORS catalog, contact the produce vendor and the appropriate DLA Service Representative to verify domestic availability.