

**COMMODITY SUPPLEMENTAL FOOD PROGRAM
MAXIMUM MONTHLY DISTRIBUTION RATES**

Food Package Category	Food Item	Amount Each Month
Fruits and Juice	Canned Fruit (15.5 oz) Juice (64 oz) Raisins (15 oz)	<ul style="list-style-type: none"> • 1 juice and 3 cans fruit; or • 2 juices and 2 cans fruit; or • 1 package raisins, 1 juice, and 2 cans fruit; or • 1 package raisins, 2 juices and 1 can fruit.
Vegetables	Canned Vegetables or Soup (10.5 to 15.5 oz) Dehydrated Potatoes (1 lb)	<ul style="list-style-type: none"> • 8 cans vegetables or soup; or • 6 cans vegetables or soup, and 1 package dehydrated potatoes.
Cheese	Cheese (2 lb)	<ul style="list-style-type: none"> • 1 package cheese.
Milk	UHT Fluid Milk 1% (32 oz) Instant Nonfat Dry Milk (12.8oz)	<ul style="list-style-type: none"> • 2 UHT milk; or • 1 UHT milk and 1 Nonfat Dry Milk
Meat, Poultry, and Fish	Beef, Beef Stew, or Chili (24 oz) Chicken (10 to 15 oz) Tuna (12 oz) Salmon (14.75 oz)	<ul style="list-style-type: none"> • 1 (24 oz) shelf-stable package meat and 1 (10 to 15 oz) shelf-stable package poultry or fish; or • 3 (10 to 15 oz) shelf-stable packages poultry and/or fish of any combination.
Plant-Based Protein	Canned Beans (15.5 oz) Dry Beans or Lentils (1 lb) Peanut Butter (16 oz)	<ul style="list-style-type: none"> • 3 units of any combination of canned beans, dry beans or lentils, and peanut butter.
Cereals	Cereal, Dry Ready-to-Eat, (12 to 18 oz) Farina (18 oz) Rolled Oats (18 oz) Grits (2 lb)	<ul style="list-style-type: none"> • 2 units of any combination of cereal, farina, rolled oats, and grits
Pasta and Rice	Pasta (1 lb) Rice (1 lb)	<ul style="list-style-type: none"> • 2 units of any combination of pasta and rice