

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
CSFP FOOD PACKAGE
MAXIMUM MONTHLY DISTRIBUTION RATES

FOOD ITEM	SIZE	INFANTS 0-3 MOS	INFANTS 4-12 MOS	CHILDREN 1 YEAR OLD	CHILDREN TWO YEARS TO SIXTH BIRTHDAY	PREGNANT/ BREASTFEEDING WOMEN	NONBREASTFEEDING/ POSTPARTUM WOMEN AND ELDERLY
INFANT FORMULA, POWDERED	12 OZ	10 CANS or	10 CANS or				
INFANT FORMULA, POWDERED	12.9 OZ	10 CANS or	10 CANS or				
INFANT FORMULA, POWDERED	14.3 OZ	9 CANS or	9 CANS or				
INFANT FORMULA, POWDERED	25.7 OZ	5 CANS	5 CANS				
INFANT CEREAL - 8 OZ PACKAGE		2 PACKAGES					
CEREAL, RTE or	12 - 18 OZ			2 PACKAGES or			
FARINA * - 14 OZ PACKAGE or	14 OZ			2 PACKAGES or	2 PACKAGES or	2 PACKAGES or	2 PACKAGES or
ROLLED OATS or	3 LB			1 PACKAGE or	1 PACKAGE or	1 PACKAGE or	1 PACKAGE or
GRITS	5 LB			1 PKG EVERY OTHER MONTH	1 PKG EVERY OTHER MONTH	1 PKG EVERY OTHER MONTH	1 PKG EVERY OTHER MONTH
JUICE, CAN or	46 OZ			5 CANS	5 CANS	5 CANS	3 CANS
JUICE, PLASTIC CONTAINER	64 OZ			3 CONTAINERS	3 CONTAINERS	3 CONTAINERS	2 CONTAINERS
BEEF or	24 OZ			1 CAN or	1 CAN or	1 CAN or	1 CAN or
BEEF STEW or	24 OZ			1 CAN or	1 CAN or	1 CAN or	1 CAN or
CHILI or	24 OZ			1 CAN or	1 CAN or	1 CAN or	1 CAN or
CHICKEN or	12.5 OZ			2 CANS or	2 CANS or	2 CANS or	2 CANS or
TUNA or	12 OZ			2 CANS or	2 CANS or	2 CANS or	2 CANS or
or SALMON	14.75 OZ			2 CANS or	2 CANS or	2 CANS or	2 CANS or
or EGG MIX, DRY	6 OZ PKG			2 PKGS	2 PKGS	2 PKGS	2 PKGS

FOOD ITEM	SIZE	INFANTS 0-3 MOS	INFANTS 4-12 MOS	CHILDREN 1 YEAR OLD		CHILDREN TWO YEARS TO SIXTH BIRTHDAY	PREGNANT/ BREASTFEEDING WOMEN	NONBREASTFEEDING/ POSTPARTUM WOMEN AND ELDERLY
				33 CANS EACH MONTH	OR 5 CANS EACH MONTH AND	1 PKG EVERY OTHER MONTH		
MILK: EVAPORATED-12 OZ CANS ****	12 OZ						11 CANS EACH MONTH	3 CANS
and INSTANT NONFAT DRY- 25.6 OZ PKG *****								1 PKG EVERY OTHER MONTH
PEANUT BUTTER or	18 OZ			1 PKG		1 PKG	1 PKG	1 PKG
PEAS/BEANS, DRY	2 LB			1 PKG		1 PKG	1 PKG	1 PKG
POTATOES, DEHY	1 LB			1 PKG or		1 PKG or	1 PKG or	1 PKG or
PASTA or	1 LB			2 PKG or		2 PKG or	2 PKG or	2 PKG or
PASTA or	2 LB			1 PKG or		1 PKG or	1 PKG or	1 PKG or
RICE or	2 LB			1 PKG or		1 PKG or	1 PKG or	1 PKG or
GRITS	5 LB			1 PKG EVERY OTHER MONTH		1 PKG EVERY OTHER MONTH	1 PKG EVERY OTHER MONTH	1 PKG EVERY OTHER MONTH
PROCESS AMERICAN CHEESE -	2 LB			1 PKG		1 PKG	1 PKG	1 PKG
FRUITS	15 - 16 OZ			2 CANS		2 CANS	4 CANS	2 CANS
VEGETABLES	15 - 16 OZ			4 CANS		4 CANS	6 CANS	4 CANS

NOTES:

A COMBINATION OF 1 PKG DRY READY TO EAT CEREAL AND 1 PKG OF FARINA MAY BE PROVIDED.

**THE DISTRIBUTION RATE FOR GRITS IS 5 POUNDS EVERY OTHER MONTH AS A CEREAL OR SIDE DISH SUBSTITUTE.

***PARTICIPANTS CAN SELECT TWO ITEMS PER MONTH FROM THE FOLLOWING FOOD ITEMS: TUNA, CHICKEN, SALMON AND EGG MIX.

FOR EXAMPLE, PARTICIPANTS CAN SELECT TWO CANS OF TUNA OR ANY OF THE FOLLOWING COMBINATIONS FOR A MONTH:

ONE CAN TUNA AND ONE CAN OF CHICKEN
or
ONE CAN TUNA AND ONE CAN OF SALMON
or
ONE CAN TUNA AND ONE PACKAGE OF EGG MIX

****CHILDREN 1 YEAR OF AGE UP TO THEIR SECOND BIRTHDAY MAY RECEIVE: 33 12 OZ CANS OF EVAPORATED MILK EACH MONTH.

*****CHILDREN 2 YEARS OF AGE UP TO THEIR SIXTH BIRTHDAY MAY RECEIVE A COMBINATION OF 5 12 OZ CANS OF EVAPORATED MILK EACH MONTH AND 1 25.6 OZ PACKAGE OF INSTANT NONFAT DRY MILK EVERY OTHER MONTH.