

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

COMMODITY	DISTRIBUTION RATES
CEREAL, DRY, READY TO EAT <sup>1</sup> 12 - 18 OUNCE PACKAGE	2 PACKAGES, OR
FARINA <sup>1</sup> – 14 OUNCE PACKAGE	2 PACKAGES, OR
GRITS <sup>2</sup> – 5 POUND PACKAGE	1 PACKAGE EVERY OTHER MONTH, OR
OATMEAL – 3 POUND PACKAGE	1 PACKAGE
JUICE – 64 OUNCE CONTAINER	2 CONTAINERS
BEEF – 24 OUNCE CAN	1 CAN, OR
BEEF STEW – 24 OUNCE CAN	1 CAN, OR
CHILI – 24 OUNCE CAN	1 CAN, OR
CHICKEN <sup>3</sup> – 12.5 OUNCE CAN	2 CANS, OR
CHICKEN – 15 OUNCE CAN	2 CANS, OR
TUNA <sup>3</sup> – 12 OUNCE CAN	2 CANS, OR
SALMON <sup>3</sup> – 14.75 OUNCE CAN	2 CANS, OR
EGG MIX, DRY <sup>3</sup> – 6 OUNCE PACKAGE	2 PACKAGES
PEANUT BUTTER – 18 OZ. JAR	1 JAR EVERY MONTH, OR
PEAS/DRY BEANS, 2 POUND PACKAGE	1 PACKAGE PER MONTH
POTATOES, DEHYDRATED – 1 POUND PKG.	1 PACKAGE, OR
PASTA – 1 POUND PACKAGE	2 PACKAGES, OR
PASTA – 2 POUND PACKAGE	1 PACKAGE, OR
RICE – 2 POUND PACKAGE	1 PACKAGE, OR
GRITS – 5 POUND PACKAGE <sup>2</sup>	1 PACKAGE EVERY OTHER MONTH
AMERICAN CHEESE – 2 POUND PACKAGE	1 PACKAGE
FRUITS – 15 OR 16 OUNCE CAN	2 CANS
VEGETABLES – 15 OR 16 OUNCE CAN	4 CANS
UHT FLUID MILK 1% – 32 OZ CONTAINER	2 CONTAINERS, AND
INSTANT NONFAT DRY MILK 25.6 OUNCES	1 PACKAGE EVERY OTHER MONTH

1. A combination of 1 package dry ready to eat cereal and 1 package of farina may be provided.
2. The distribution rate for grits is 5 pounds every other month as a cereal or as a side dish substitute.
3. Participants can select two items per month from the following food items: chicken, tuna, salmon, and egg mix. For example, participants can select two cans of tuna or any of the following combinations for the month:
  - a. one can of tuna and one can of meatball stew; or
  - b. one can of tuna and one can of salmon; or
  - c. one can of tuna and one package of egg mix.