

**January 2011  
COMMODITY SUPPLEMENTAL FOOD PROGRAM  
MAXIMUM MONTHLY DISTRIBUTION RATES**

Elderly

<b>Food Package Category</b>	<b>Food Item</b>	<b>Package Size</b>	<b>Packages/Month</b>	<b>Amount/Month</b>		
Cereals	Cereal, Dry Ready-to-Eat 1/ or Farina 1/ or Rolled Oats or Grits 2/	12-18 oz pkg  14 oz pkg  3 lb pkg  5 lb pkg	2 pkgs or 2 pkgs or 1 pkg or 1 pkg every other month	24-36 oz  28 oz  48 oz  40 oz		
	Juices	Juice	64 oz container	2 containers	128 oz	
	Proteins	Beef or Beef Stew or Chili or Chicken 3/ or Tuna 3/ or Salmon 3/ or Egg Mix, Dry 3/	24 oz can  24 oz can  24 oz can  12.5 oz can  12 oz can  14.75 oz can  6 oz pkg	1 can or 1 can or 1 can or 2 cans or 2 cans or 2 cans or 2 pkgs	24 oz  24 oz  24 oz  25 oz  24 oz  29.5 oz  12 oz	
		Milk	(a) Evaporated Milk and Instant Nonfat Dry Milk or (b) UHT Fluid Milk 1% and Instant Nonfat Dry Milk	12 oz can  25.6 oz pkg  32 oz pkg  25.6 oz pkg	3 cans and 1 pkg every other month or 2 pkgs and 1 pkg every other month	36 oz  12.8 oz (128 oz reconstituted)  64 oz  12.8 oz (128 oz reconstituted)
			Peanut Butter/ Dry Beans	Peanut Butter or Dry Beans/Peas	18 oz pkg  2 lb pkg	1 pkg or 1 pkg
Potatoes/ Grains				Dehydrated Potatoes or Pasta   or Rice or Grits 2/	1 lb pkg  1 lb pkg  2 lb pkg  2 lb pkg  5 lb pkg	1 pkg or 2 pkgs or 1 pkg or 1 pkg or 1 pkg every other month
		Cheese	Cheese	2 lb pkg	1 pkg	32 oz
		Fruits	Fruits	15-16 oz can	2 cans	30-32 oz
		Vegetables	Vegetables	15-16 oz can	4 cans	60-64 oz

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- 1 A combination of 1 package of 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 in either the Cereals or Potatoes/Grains Food Package Category.
- 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 one of the following combinations each month:

one can of tuna and one can of chicken

or

one can of tuna and one can of salmon

or

one can of tuna and one package of egg mix