

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

**Effective May 1, 2022 until Further Notice**

<b>Food Package Category</b>	<b>Food Item</b>	<b>Amount Each Month</b>
Fruits and Juice	Canned Fruit (15.5 oz) Juice (64 oz) Raisins (15 oz)	<ul style="list-style-type: none"> <li>• 1 juice and 3 cans fruit; <b>or</b></li> <li>• 2 juices and 2 cans fruit; <b>or</b></li> <li>• 1 package raisins, 1 juice, and 2 cans fruit; <b>or</b></li> <li>• 1 package raisins, 2 juices and 1 can fruit.</li> </ul>
Vegetables	Canned Vegetables or Soup (10.5 to 15.5 oz) Dehydrated Potatoes (1 lb)	<ul style="list-style-type: none"> <li>• 8 cans vegetables or soup; <b>or</b></li> <li>• 6 cans vegetables or soup, and 1 package dehydrated potatoes.</li> </ul>
Cheese	Cheese (2 lb)	<ul style="list-style-type: none"> <li>• 1 package cheese.</li> </ul>
Milk	UHT Fluid Milk 1% (32 oz) Instant Nonfat Dry Milk (12.8 oz)	<ul style="list-style-type: none"> <li>• 2 UHT milk; <b>or</b></li> <li>• 1 UHT milk and 1 (12.8 oz) Nonfat Dry Milk</li> </ul>
Meat, Poultry, and Fish	Beef, Beef Stew, or Chili* (24 oz) Chicken (10 to 15 oz) Beef Chili with Beans (15 oz) Tuna (12 oz) Salmon (14.75 oz)	<ul style="list-style-type: none"> <li>• 1 (24 oz) shelf-stable package meat and 1 (10 to 15 oz) shelf-stable package beef, poultry or fish; <b>or</b></li> <li>• 3 (10 to 15 oz) shelf-stable packages beef, poultry and/or fish of any combination.</li> </ul>
Plant-Based Protein	Canned Beans (15.5 oz) Dry Beans or Lentils (1 to 2* lb) Peanut Butter (16 to 18* oz)	<ul style="list-style-type: none"> <li>• 3 units of any combination of canned beans, (1 lb) dry beans or lentils, and peanut butter; <b>or</b></li> <li>• 1 (2* lb) unit dry beans or lentils, and 1 unit of canned beans, peanut butter, or (1 lb) dry beans or lentils.</li> </ul>
Cereals	Cereal, Dry Ready-to-Eat, (12 to 18 oz) Farina (18 oz) Rolled Oats (18 to 48* oz) Grits (2 to 5* lb)	<ul style="list-style-type: none"> <li>• 2 units of any combination of cereal, farina, (18 oz) rolled oats, and (2 lb) grits; <b>or</b></li> <li>• 1 (42* to 48* oz) unit rolled oats; <b>or</b></li> <li>• 1 (5* lb) unit grits (every other month).</li> </ul>
Pasta and Rice	Pasta (1 lb) Rice (1 to 2* lb)	<ul style="list-style-type: none"> <li>• 2 units of any combination of pasta and (1 lb) rice; <b>or</b></li> <li>• 1 (2* lb) unit rice</li> </ul>