

**HOUSEHOLD DISTRIBUTION RATE OF USDA COMMODITIES
MONTHLY DISTRIBUTION**

Commodity	Unit Size	Household Size 1-3	Household Size 4-6	Household Size 7 & Up
Cereals	13oz/15oz/16oz/18oz	2 max	3 max	3 max
Dried Beans	2 pounds	1	1	2
Figs/Prunes/Raisins/Dates	1 pound	2	2	3
Milk Dry/Flour Mix	1 pound.4oz	1	1	1
Frozen Fruits	2 pound	1	1	2
Frozen Meats	1pound to 3 pound	1	2	3
Fruits	#2 can, 300 & 303 cans	2ea. max 4	3 ea. max 6	3 ea. max 6
Juices	46oz	1ea. max 2	1 ea. max 4	2 ea. max 4
Macaroni/Spaghetti	1 pound, 2 pound	2 max	3 max	4 max
Meats/Fish/Tuna/Stew	29oz/14.75oz/12oz	2 max	2 max	3 max
Peanut Butter	18oz/2 pounds	1	2	2
Rice/Potatoes	300can/303can/2#	2 max	3 max	3 max
Nuts/Soup	12oz/300 can/1#	2	3	3
Spaghetti Sauce/Tomato Sauce	300 can/303 can	2 max	3 max	4 max
Vegetable Oil	48oz	1	2	2
Vegetables	300 cn/303 cn	2ea. max 4	3 ea. max 6	3 ea max 6
Walnuts/Trail Mix	1 pound	1	2	2

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- **These foods have a maximum amount that can be issued. For example if you have three (3) different vegetables you can only issue a total of four (4) cans of vegetables for a family size of 1-3 people and a total of six (6) cans of vegetables for the other household sizes**
- **To eliminate the possibility of food losses you should always issue the oldest pack date first when issuing like items. Clients should be issued food according to the pack dates and not as a choice of products you have on hand. Clients should have the option to refuse an item, but not to exchange it for something they prefer more.**
- **For bi-monthly distribution each item may be doubled. For quarterly distribution each item may be multiplied by three**