

UNITED STATES DEPARTMENT OF AGRICULTURE
FOOD AND NUTRITION SERVICE
 ALEXANDRIA, VA 22302-1500

| CHANGE TRANSMITTAL | |
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| CHANGE NUMBER: 11 | DIRECTIVE IDENTIFICATION AND NUMBER: FNS Handbook 501 |
| DIRECTIVE TITLE: The Food Distribution Program on Indian Reservations | |

This change reflects revisions to Exhibit O, the Food Distribution Program on Indian Reservations Monthly Distribution Guide Rates by Household Size.

The following changes are being made to Exhibit O:

- add whole grain rotini (1 pound package) as an additional choice in the macaroni and cheese, macaroni, spaghetti, and rice category;
- remove luncheon meat from the canned and frozen meat category;
- add a 16-ounce pack size to the roasted peanuts;
- add a notation that the canned sweet potatoes are seasonal items to be available October through December each year; and
- add a notation that the frozen pork ham available November and December each year cannot be substituted for other meat products.

PAGE CONTROL CHART

| Remove Pages | Dated | Insert Pages | Dated |
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| Exhibit O | January 2008 | Exhibit O | October 2008 |

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| DISTRIBUTION: AD, F2, I | MANUAL MAINTENANCE INSTRUCTIONS: Retain and file Change Transmittal in front of directive until further notice. Remove and insert page(s) if applicable. | OPI: FDD-200 | 10/17/08 |
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**FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: November 1, 2008**

NOTE: The availability of individual products is subject to market conditions.

| Household Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|---|---|-----------------|---|---|----|----|----|----|---|
| Commodity | Number of Items Per Month | | | | | | | | Choices |
| GRAINS, CEREAL, RICE and PASTA | | | | | | | | | |
| Cereal, Dry (all sizes) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Corn, Oat, Rice, Bran |
| Quick Oats (42 oz. package) | 1 per 2 mos. | 1 | 2 | 2 | 3 | 3 | 4 | 4 | |
| Farina (14 oz. box) | 1 per 2 mos. | 1 | 2 | 2 | 3 | 3 | 4 | 4 | |
| Macaroni & Cheese (7.25 oz. box or 26 oz. box) | <p align="center">Any combination of these items cannot exceed 4 lbs. per person.</p> <ul style="list-style-type: none"> • Three 7.25 oz. boxes of Macaroni & Cheese are treated as 1 lb.; limit of 1 lb. of Macaroni & Cheese per person • One 26 oz. box of Macaroni & Cheese is treated as 1 lb. | | | | | | | | |
| Macaroni (1 lb. box) | | | | | | | | | |
| Whole Grain Rotini (1 lb. package) | | | | | | | | | |
| Spaghetti (2 lb. box) | | | | | | | | | |
| Rice (2 lb. package) | | | | | | | | | |
| Egg Noodles (1 lb. package) <u>or</u> Dehydrated Potatoes (1 lb. package) | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | May be substituted on a pound-for- pound basis. Any combination cannot exceed 2 pounds per person. |
| Cornmeal <u>or</u> All Purpose Flour <u>or</u> Whole Wheat Flour (5 lb. bag) | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | |
| Bakery Mix (5 lb. bag) | 1 per 4 mos. | 1 per 2 mos. | 1 | 1 | 2 | 2 | 2 | 2 | |
| Saltine Crackers (1 lb. box) | 1 per 2 mos. | 1 | 2 | 2 | 3 | 3 | 4 | 4 | |

(Rev.10/2008)

| Household Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|---|---------------------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|---|
| Commodity | Number of Items Per Month | | | | | | | | Choices |
| VEGETABLES and SOUP | | | | | | | | | |
| Canned Vegetables (#300 can) | 9 | 18 | 27 | 36 | 45 | 54 | 63 | 72 | Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Diced Tomatoes, and Tomato Sauce. Seasonal (October-December): Sweet Potatoes and Pumpkin |
| Spaghetti Sauce (#300 can) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| Canned Soups (#1 can) | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | Tomato, Vegetarian Vegetable |
| FRUIT and JUICE | | | | | | | | | |
| Canned Fruit (#300 can) | 9 | 18 | 27 | 36 | 45 | 54 | 63 | 72 | Applesauce, Apricots, Peaches, Pears, Mixed Fruit |
| Dried Fruit (15-16 oz. package) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Dried Plums, Raisins |
| Canned Juice (46 oz. can) | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | Apple, Grape, Grapefruit, Orange, Tomato, Cranberry-based |
| NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit per person. | | | | | | | | | |
| MILK and CHEESE | | | | | | | | | |
| Block Process American Cheese or Sliced Reduced-fat Cheese Blend (5 lb. loaf) | 1 per 2 mos. | 1 | 2 | 2 | 3 | 3 | 4 | 4 | |
| Evaporated Milk (12 oz. can) | 4 | 8 | 12 | 16 | 20 | 24 | 28 | 32 | |
| Instant Nonfat Dry Milk (25.6 oz. box) or 1% Ultra High Temperature (UHT) Milk (32 fl. oz. carton) | 1 per 2 mos. 4 | 1 8 | 2 12 | 2 16 | 3 20 | 3 24 | 4 28 | 4 32 | No substitutions with evaporated milk. |
| OIL | | | | | | | | | |
| Vegetable Oil (48 fl. oz.) | 1 per 2 mos. | 1 | 2 | 2 | 3 | 3 | 4 | 4 | |

| Household Size | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
|--|---------------------------|----|----|----|----|----|----|----|---|
| Commodity | Number of Items Per Month | | | | | | | | Choices |
| MEAT, POULTRY, FISH, BEANS, EGGS, AND NUTS | | | | | | | | | |
| Canned Meat/ Poultry/Fish (12-24 oz. can) <u>or</u> | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | Beef, Chunky Beef Stew, Canned Chicken, Tuna, *Frozen meats are available only to approved ITOs and SAs determined eligible to receive these products. <u>Substitution Rates:</u> 1 equivalent can of meat/poultry/fish = 2 frozen ground beef = 1 frozen beef roast = 1 frozen cut up chicken = 1 frozen turkey ham (Canned products 15.5 oz. or smaller are issued on a 2 for 1 basis.) |
| Frozen Ground Beef * (1 lb. package) <u>or</u> | 6 | 12 | 18 | 24 | 30 | 36 | 42 | 48 | |
| Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package) <u>or</u> | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | |
| Frozen Beef Roast* (2 lb.) <u>or</u> | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | |
| Frozen Turkey Ham* (2 lb.) available January through October | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | |
| NOTE: Frozen Pork Ham (water added; 3 lb.) available November and December (one per person per month; no substitution with other meat products) | | | | | | | | | |
| Dry Beans (2 lb. bag) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Pinto, Great Northern, Baby Lima |
| Canned Vegetarian Beans (#300 can) <u>or</u> Canned Lowfat Refried Beans (#300 can) <u>or</u> Canned Kidney Beans (#300 can) | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | |
| All Purpose Egg Mix (6 oz. package) | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | |
| Smooth Peanut Butter (18 oz. package) <u>or</u> Roasted Peanuts (12 or 16 oz. can) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |