



## Commodity Supplemental Food Program (CSFP) Monthly Distribution Rates

CATEGORY	FOOD ITEM	PACKAGES PER MONTH	PACKAGE SIZE	AMOUNT PER MONTH
<b>Cereals</b> 1 Food Item Per Category In The Amount Per Month	Cereal, Dry Ready-to-Eat	2 PKGS	12-18 oz. PKG	24-36 oz.
	Farina	2 PKGS	14 oz. PKG	28 oz.
	Rolled Oats	1 PKG	3 lb. PKG	48 oz.
	Grits	1 PKG every other month	5 lb. PKG	40 oz.
<b>Juice</b>	Juice	2 bottle	64 oz. bottle	128 oz.
<b>Proteins</b> 1 Food Item Per Category In The Amount Per Month	Beef	1 can	24 oz. can	24 oz.
	Beef Stew	1 can	24 oz. can	24 oz.
	Chili	1 can	24 oz. can	24 oz.
	Chicken	2 cans or 2 pouchs	10-15 oz. can or pouch	20-30 oz.
	Tuna	2 cans	12 oz. can	24 oz.
	Salmon	2 cans	14.75 oz. can	29.5 oz.
<b>Milk</b>	UHT Fluid Milk 1%	2 PKGS	32 oz. PKG	64 oz.
	Instant Nonfat Dry Milk	1 PKG every other month	25.6 oz. PKG	12.8 oz.
<b>Peanut Butter or Dry Beans</b>	Peanut Butter	1 PKG	18 oz. PKG	18 oz.
	Dry Beans	1 PKG	2 lb. PKG	32 oz.
<b>Grains / Potatoes</b> 1 Food Item Per Category In The Amount Per Month	Dehydrated Potatoes	1 PKG	1 lb. PKG	16 oz.
	Pasta	2 PKGS	1 lb. PKG	32 oz.
	Pasta	1 PKG	2 lb. PKG	32 oz.
	Rice	1 PKG	2 lb. PKG	32 oz.
	Grits	1 PKG every other month	5 lb. PKG	40 oz.
<b>Cheese</b>	Cheese	1 PKG	2 lb. PKG	32 oz.
<b>Fruits</b>	Fruits	2 cans	15-16 oz. can	30-32 oz.
<b>Vegetables</b>	Vegetables	4 cans	15-16 oz. can	60-64 oz.

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**Fax:** (202) 690-7442

**Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

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