

The Emergency Food Assistance Program Distribution Rate Chart

USDA Food	Avg Household Unit Size		1 to 4		
	Unit Size	Weekly	Monthly	Bi-Monthly	Quarterly
Apples, Fresh (bagged)	12/3 lb. pkg	3	3	3	3
Apple, Fresh (loose)	34-40lb loose(not bagged)	13 lbs.(1/3 case)	13 lbs.(1/3 case)	13 lbs.(1/3 case)	13 lbs.(1/3 case)
Beans Dry Bagged	2 lb. pkg	3 of each	3 of each	4 of each	5 of each
Beef Stew Canned	24 oz can or pouch	N/A	3	4	5
Blueberries Frozen	2.5 or 3 lb. pkg	N/A	2	2	2
Carrots Diced Frozen	2.5 lb. pkg	N/A	1	2	3
Cereals (i.e. Rice Crisp 12 oz.)	12 - 18 oz. pkg	N/A	4	8	12
Cherries Dried	2 lb. pkg	N/A	1	2	3
Cherries Red Tart Pitted, IQF	2.5 lb. pkg	N/A	1	2	3
Cheese -	all varieties & pack sizes	2	2	4	4
Chicken Boned Pouch	10 oz pouch	N/A	3	4	5
Chicken Canned	15 oz can or pouch	N/A	2	4	6
Cranberries Dried	30 oz pkg	N/A	2	2	2
Eggs Whole in Shell	dozen	N/A	4	4	4
Fig Pieces	1 lb. pkg	N/A	3	3	3
Fish Frozen	all varieties & pack sizes	2	3	6	8
Fruit Canned	#300 can	N/A	3 of each	4 of each	5 of each
Fruit Cups Frozen	4.4 or 4.5 oz cups	N/A	12 of each	12 of each	12 of each
Fruit & Nut Mix Dried	24/1 lb. pkg	N/A	3	3	3
Juice Concentrate	11.5 oz cans	N/A	2	3	4
Juice, Fruit or Veg (Any 46 or 64 oz)	46 oz can or 64 oz btl	N/A	2 of each	3 of each	4 of each
Mac & Cheese	7.25 oz	N/A	3	4	5
Milk Fresh	all varieties & pack sizes	3	3	3	3
Instant Milk	12.8 oz pkg	N/A	4	8	12
Meat Frozen (inc. beef and pork/ham)	all varieties & pack sizes	2	3	6	8
Milk UHT Fluid 1% (shelf stable)	32 oz carton	N/A	3	3	3
Milk UHT Fluid 1% (8 oz) (shelf stable)	8 oz carton	N/A	12	12	12
Nuts in 1 lb. packages	1 lb. pkg	N/A	3	4	5
Nuts in 2 lb. packages	2 lb. pkg	N/A	2	2	3
Oats	3 lb. pkg	N/A	1	2	3
Orange Juice Singles	4 oz carton	N/A	24	36	48
Pasta Spaghetti, Macaroni	24/1 lb. pkg	N/A	6	8	10
Peanut Butter	16 or 18 oz container	N/A	3	4	5
Plums Dried	1 lb. pkg	N/A	3	3	3
Pork Canned	24 oz can	N/A	3	4	5
Potatoes Dehydrated	1 lb. pkg	N/A	3	4	5
Potatoes Fresh (white or sweet)	3 or 5 lb. bag	up to whole case	up to whole case	up to whole case	up to whole case
Potato Rounds Frozen	5 lb. bag	N/A	1	1	1
Produce Fresh – Fruit & Veggies, bagged	all varieties	4	4	4	4
Produce Fresh Cartons – packed loose	all varieties	1/4 case	1/2 case	whole case	whole case
Raisins Bags	5 lb. bag	N/A	1	2	3
Raisins Box	1.33 oz box	N/A	1 dozen	2 dozen	3 dozen
Raisins Packages	15 oz pkg	N/A	5	5	5
Rice Brown or White	2 lb. pkg	N/A	3	4	5
Salmon Pink	14.75 oz can	N/A	3	4	5
Salmon Red	7.5 oz can	N/A	3	4	5
Soup Tomato, Mushroom, or Cheddar	1/32 oz carton	N/A	3 of each	3 of each	3 of each
Soup Vegetable	#1 can	N/A	4	5	6
Tuna	12 oz can	N/A	3	4	5
Vegetables Canned (includes sauces)	#300 can	N/A	3 of each	4 of each	5 of each

For each combined like items such as canned fruits, the distribution rate applies to each item in that category. For example, the canned fruit rate of "3 of each" means each household can be give 3 of each type of canned fruit on hand. If you have 4 different canned fruits, the household will receive a total of 12 cans. Rates may be reduced if the number of recipients increases. On the other hand, if the number of recipients declines or if there is risk of inventory being held too long, the recipient agency (not the site or pantry) should contact the Commodity Office to request a rate increase. A response will be emailed, which the recipient agency should print and keep on file to document the approval.