

# Form 602023 Food Package Guide - Maximum Monthly Distribution Rate for Seniors



| Food Package Category   | Food Item   | Amount Each Month   |
|-------------------------|---|---|
| Fruits & Vegetables     | Canned Fruit (15.5 oz)<br>Juice (64 oz)<br>Raisins (15 oz)  | 1 juice and 3 cans fruit; <b>or</b><br>2 juices and 2 cans fruit; <b>or</b><br>1 package raisins, 1 juice, and 2 cans fruit; <b>or</b><br>1 package raisins, 2 juices, and 1 can fruit.               |
| Vegetables              | Canned Vegetables or Soup (10.5 to 15.5 oz)<br>Dehydrated Potatoes (1 lb)   | 8 cans vegetables or soup; <b>or</b><br>6 cans vegetables or soup; and 1 package dehydrated potatoes  |
| Cheese                  | Cheese (2 lb)   | 1 package cheese  |
| Milk                    | UHT Fluid Milk 1% (32 oz)<br>Instant Nonfat Dry Milk (12.8 oz)  | 2 UHT Milk; <b>or</b><br>1 UHT Milk and 1 instant nonfat dry milk   |
| Meat, Poultry, and Fish | Beef or Beef Stew (24 oz)<br>Beef Chili w/ Beans (15 oz)<br>Chicken (10 to 12.05 oz)<br>Tuna (12 oz)<br>Salmon (14.75 oz) | 1 (24 oz) shelf-stable package meat and 1 (10 to 15 oz) shelf-stable package beef, poultry or fish; <b>or</b><br>3 (10 to 15 oz) shelf-stable packages beef, poultry, and/or fish or any combination. |
| Plant-Based Protein     | Canned Beans (15.5 oz)<br>Dry Beans or Lentils (1 lb)<br>Peanut Butter (16 oz)  | 3 units of any combination of canned beans, dry beans or lentils, and peanut butter   |
| Cereals                 | Cereal, Ready-to-Eat (10 to 20 oz)<br>Farina (18 oz)<br>Rolled Oats (18 oz)<br>Grits (2 lb)                               | 2 units of any combination of cereals, farina, rolled oats, and grits   |
| Pasta and Rice          | Pasta (1 lb)<br>Rice (1 lb)   | 2 units of any combination of pasta and rice  |

**\*Effective September 1, 2025 until Further Notice.**

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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax:  
(833) 256-1665 or (202) 690-7442; or
3. email:  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

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