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

FRUITS & JUICES 1 juice (64 oz) and 3 units fruit (15.5 oz); or 2 juices and 2 units fruit; or 1 juice and 2 units fruit and 1 box raisins (15 oz); or 2 juices and 1 unit fruit and 1 box raisins
VEGETABLES 8 vegetables (15.5 oz) or 8 soup (10.5 oz); or 6 vegetables or soup and 1-unit dehydrated potatoes (1 lb.)
CHEESE 1 unit (2 lb.)
MILK 2 UHT milk (32 oz); or 1 UHT (32 oz) and 1 nonfat dry milk (12.8 oz)
MEAT, POULTRY AND FISH 1 beef, beef stew, or 1 chili (24 oz) and 1 poultry or 1 fish (10-15 oz); or 3 units poultry or fish in any combination
PLANT-BASED PROTEIN 3 peanut butter (16 oz), canned beans (15.5 oz), dry beans (1 lb.), or dry lentils (1 lb.) in any combination
CEREALS 2 dry cereal (12-18 oz), farina (18 oz), rolled oats (18 oz), or grits (2 lb.) in any combination
PASTA AND RICE 2 pasta (1 lb.) or white or brown rice (1 lb.) in any combination

SCAN HERE

To submit your application for a Senior Food Box online, scan the QR code with your phone's camera or see a staff member at the front desk for a paper application form.

The Non-Discrimination Statement is on the reverse side. Please turn this page over.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: USDA Program Discrimination Complaint Form Instructions, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:
   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

This institution is an equal opportunity provider.