

Convert Pre-Nov 1 (OLD) to Post-Nov 1 (NEW) Food Package

Vegetable

add 4



Add 4 cans vegetables/soup

Meat

add 1



Add 1 small pkg chicken, tuna or salmon

PB Bean

If PB

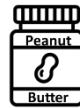
add 2



OR large dry beans

If large
dry
beans

add 1



OR 1 can beans

Fruit

NO CHANGE

Rice/Pasta

NO CHANGE

Cereal

NO CHANGE

Cheese

NO CHANGE

Milk

remove 1



OR 1 dry milk

Take out 1 box UHT

Reference: February 22, 2019 USDA memo: CSFP Announcement of Significant Revisions to the Food Package Maximum Monthly Distribution Rates effective 11-1-2019