

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



Pennsylvania
Department of Agriculture
Bureau of Food Assistance



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

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

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1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
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