

FDPIR Monthly Distribution Guide Rate Update:

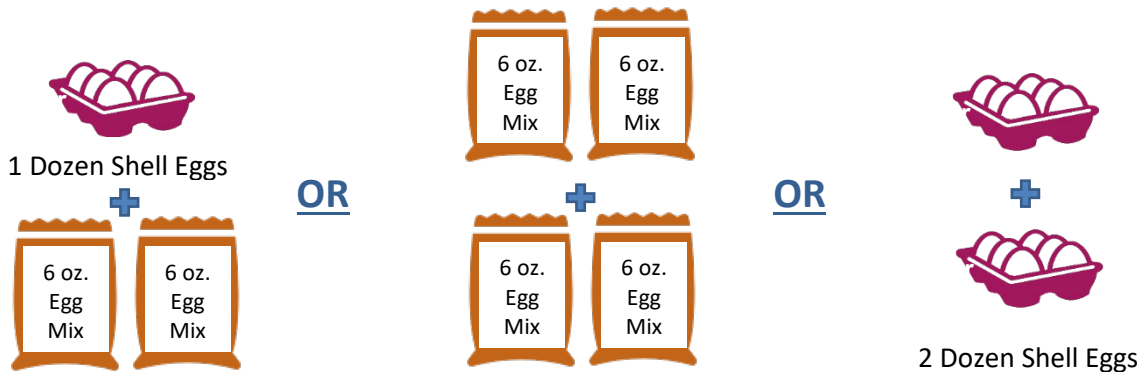
Notice of Increase in the Number of Units for the Egg, Vegetable, and Meat/Poultry/Fish Categories and Addition of New Foods

Beginning September 1, 2023, the amount of food offered in the FDPIR Food Package will increase. These changes support healthy eating by providing access to nutritious foods.

Category	Guide Rate Changes: Effective September 1, 2023
Eggs	Increase from 1 to <u>2 units</u>
Vegetables	Increase from 13 to <u>18 units</u>
Meat/Poultry/Fish	Increase from 3 to <u>5 units</u>
New Foods	Strawberries, frozen (1lb.) and Bison stew meat, frozen (2lbs.)

Increase in the Number of Units in the Egg Category

Each family member may take any combination up to 2 units per person per month. Examples of combinations that are treated as 2 units in the egg category are below:



Increase in the Number of Units in the Vegetable Category

Each family member may take up to **18 units** per person per month of fresh, frozen, or canned vegetables.

The fruit and vegetable exchange, which allows you to swap 5 units of fruit for 5 additional units of vegetables, is permanently embedded in this guide rate update, making it easier for FDPIR staff to issue additional vegetables. You can now take 20 units of fruit and 18 units of vegetables per person per month.



Example:

A family of 2 will now be able to take **36 units** of vegetables, an increase from 26 units of vegetables per month.

This family will also be able to take their full allotment of 40 units of fruit per month.

Increase in the Number of Units in the Meat/Poultry/Fish Category

Each family member may take up to **5 units** per person per month of canned or frozen meat, poultry, or fish.



Example:

A family of 2 will now be able to take **10 units** of meat, poultry, or fish, an increase from 6 units of meat, poultry, or fish per month.

New Foods

Two new foods will be added to the FDPIR food package and made available beginning September 1, 2023.

Strawberries, whole, frozen in a 1 lb. pack are a new fruit option and are treated as **1 unit**. When using frozen, whole, strawberries:

- Open the package and take as much or as little as needed and place the rest in the freezer in a freezer-safe bag or container.
- If strawberries are stuck together when taken out of the freezer, simply break them apart with your hands, take the amount needed, and put the rest back in the freezer in a freezer-safe bag or container.

Bison stew meat, frozen in a 2 lb. pack is a new meat option and is treated as **1 unit**. When using bison stew meat:

- Cook to the internal temperature indicated on the product's packaging.
- Thaw in the refrigerator or microwave by using the defrost setting.
- Prepare it in a soup or stew or braise it in hot liquid. It can replace beef stew meat in many recipes.

Product information sheets and recipe cards for new foods are available and can be found here: <https://www.fns.usda.gov/usda-foods/household-programs-product-information-sheets-proteins>

For more information about changes to the FDPIR Guide Rate, please speak with your FDPIR Program Operator.