

FDPIR Monthly Distribution Guide Rate Update:

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

Beginning June 1, 2024, the amount of food offered in the FDPIR Food Package will increase. These changes support healthy eating by providing increased access to nutritious foods.

Category	Guide Rate Changes: Effective June 1, 2024
Vegetables	Increase from 18 to <u>20 units</u>
Meat/Poultry/Fish	Increase from 5 to <u>6 units</u>
New Foods	Vegetable stir fry blend, frozen (1lb.), Turkey deli, low-sodium, frozen (2lb.), and Extra Virgin Olive Oil (16.9 oz.)

Increase in the Number of Units in the Vegetable Category

Each family member may take up to 20 units per person per month of fresh, frozen, or canned vegetables.



Example:

A family of 2 will now be able to take 40 units of vegetables, an increase from 36 units of vegetables per month.

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

Each family member may take up to 6 units per person per month of canned or frozen meat, poultry, or fish.



Example:

A family of 2 will now be able to take 12 units of meat/poultry/fish, an increase from 10 units of meat/poultry/fish per month.

New Foods

Three new foods will be added to the FDPIR food package and available on or after June 1, 2024.

Turkey deli meat, frozen in a 2 lb. pack is a new meat option and equal to **1 unit**.
Available June 1.

When using sliced turkey deli meat:

- Thaw following the directions included on the product's packaging.
- Take out as many slices as you need and store remaining turkey deli meat in the refrigerator for up to three to five days or according to the product's packaging. You can also safely refreeze turkey deli meat in freezer-safe bags after properly thawing in the refrigerator.
- Turkey deli slices are a low-sodium deli meat option for sandwiches and turkey and cheese roll-ups. Consider adding lettuce, tomato, and cheese for flavor and crunch.

Vegetable stir fry blend, frozen in a 1 lb. pack is a new vegetable option and equal to **1 unit**.
Expected availability June 1.

When using frozen vegetable stir fry blend:

- Take out what you need for a meal and put the rest back in the freezer in the original package or a freezer-safe bag or container.
- Always heat before eating.
- Try it with rice, pasta, eggs, tortillas, casseroles, mixed with other vegetables or meats, or heated on its own as a side dish.

Extra Virgin Olive oil, in a 16.9 oz. glass bottle, is a new oil option and equal to **1 unit**.
Expected availability late-summer.

When using extra virgin olive oil:

- Coat a skillet or pan when cooking to prevent food from sticking.
- Consider making your own salad dressing by mixing it with an acid, such as lemon or vinegar, and adding any seasonings you have on hand, like herbs, garlic, black or white pepper, and dried chilis.

Product information sheets and recipes for new foods can be found here:
<https://www.fns.usda.gov/usda-foods/household-product-information-sheets-and-recipes>

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