The Messenger of Allah (may Allah's peace and blessings be upon him) enjoined Zakat al-Fitr as one Sā‘ of dates or one Sā‘ of barley on the slave and the free person, the male and the female, the young and the old from among the Muslims. He ordered that it be given before the people go out to the prayer

Ibn ‘Umar (may Allah be pleased with him and his father) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) enjoined Zakat al-Fitr as one Sā‘ of dates or one Sā‘ of barley on the slave and the free person, the male and the female, the young and the old from among the Muslims. He ordered that it be given before the people go out to the prayer.

[Authentic] [Agreed upon]

The Prophet (may Allah's peace and blessings be upon him) made Zakat al-Fitr obligatory after Ramadan. Its amount is one Sā’, which is equivalent to four Mudds in weight. One Mudd: two handfuls of an average person of dates or barley due on every Muslim, free or slave, male or female, young or old. This applies to one who has enough surplus beyond his needs for the day and night, for himself and for those whom he provides for. He commanded that it be given before the people go out to the Eid prayer.

http://sunnah.global/hadeeth/en/show/4520