

# FAMILY SIZE OF THREE

<b>CEREAL (DRY/HOT)</b>	<b>6 CHOICES</b>
<b>JUICE</b> (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT)	<b>6 CHOICES</b>
<b>PASTA/GRAINS:</b> 1 CRACKER = 1 POUND 1 TORTILLA = 1 POUND 1 RICE = 1 POUND 1 EGG NOODLE = 1 POUND 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 1 WHOLE GRAIN ROTINI = 1 POUND 3 MAC & CHEESE = 1 POUND <b>(LIMITED TO 9)</b>	<b>TOTAL OF 15 POUNDS</b>
<b>FLOUR/WHOLE WHEAT FLOUR/ CORNMEAL/BLUE CORNMEAL/BAKERY MIX</b>	<b>6 CHOICES</b>
<b>UHT 1% MILK/EVAPORATED MILK/NFD DRY MILK</b> EACH CAN/BOX OF MILK = 1 UNIT DRY MILK = 4 UNITS	<b>24 UNITS</b>
<b>SOUP</b>	<b>9 CHOICES</b>
<b>BEANS:</b> 1 BAG OF DRY BEANS = 1 POUND 1 CAN OF BEANS = 1 POUND	<b>TOTAL OF 12 POUNDS</b>
<b>PEANUT BUTTER/PEANUTS/TRAIL MIX</b>	<b>3 CHOICES</b>
<b>FRUITS &amp; VEGETABLES FRESH OR CANNED</b> EACH CAN = 1 POUND	<b>TOTAL OF 69 POUNDS</b> 15-30 POUNDS CAN BE FRUIT 39-54 POUNDS CAN BE VEGETABLES
<b>FRESH EGGS</b> <b>POWDERED EGGS (2=1 CHOICE)</b>	<b>3 CHOICES</b>
VEGETABLE OIL = 1 CHOICE 1 BUTTER = 1 CHOICE 3 BUTTERY SPREAD = 1 CHOICE	<b>2 CHOICES</b>
<b>CHEESE</b>	<b>2 CHOICES</b>
<b>MEATS:</b> 2 FROZEN GROUND BEEF = 1 CHOICE 1 WHOLE CHICKEN = 1 CHOICE 1 CHICKEN BREAST = 1 CHOICE 2 PORK CHOPS = 1 CHOICE 1 BEEF ROAST = 1 CHOICE 2 BISON = 1 CHOICE 1 CANNED BEEF = 1 CHOICE 2 CANNED CHICKEN = 1 CHOICE 2 TUNA = 1 CHOICE	<b>TOTAL OF 9 CHOICES</b>

**\*BONUS ITEMS ARE AVAILABLE BASED ON YOUR FAMILY SIZE.**