

FAMILY SIZE OF ONE

CEREAL	1 CHOICE
OATMEAL/FARINA	1 CHOICE
JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT)	2 CHOICES
PASTA: 1 RICE = 2 POUNDS 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 3 MAC & CHEESE = 1 POUND (LIMITED TO 3) 1 EGG NOODLE = 1 POUND 1 CRACKER 1 WHOLE WHEAT TORTILLAS	TOTAL OF 5 POUNDS
FLOUR/WHOLE WHEAT FLOUR/ CORN MEAL /BLUE CORNMEAL/BAKERY MIX	2 CHOICES
UHT 1% MILK/EVAPORATED MILK/NFD DRY MILK (EACH CAN/BOX OF MILK = 1 UNIT, DRY MILK IS 4 UNITS FOR EACH BAG)	8 UNITS
SOUP	3 CHOICES
BEANS: 1 BAG OF DRY BEANS = 2 POUNDS 1 CAN OF BEANS = 1 POUND	TOTAL OF 4 POUNDS
PEANUT BUTTER/PEANUTS /TRAIL MIX	1 CHOICE
VEGETABLE OIL/1 BUTTER/2 BUTTERY SPREAD	1 CHOICE
FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND	TOTAL OF 23 POUNDS 5-10 POUNDS CAN BE FRUIT 13-18 POUNDS CAN BE VEGETABLES
FRESH EGGS	1 DOZEN
CHEESE (EVERY OTHER MONTH)	1 CHOICE
MEATS: 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 1 BISON = 1 CHOICE 1 CANNED BEEF = 1 CHOICE 2 CANNED CHICKEN = 1 CHOICE 2 TUNA = 1 CHOICE	TOTAL OF 3 CHOICES

*BONUS ITEMS ARE AVAILABLE BASED ON YOUR FAMILY SIZE.