

FAMILY SIZE OF FOUR

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| CEREAL | 4 CHOICES |
| OATMEAL/FARINA | 4 CHOICES |
| JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT) | 8 CHOICES |
| PASTA: 1 RICE = 2 POUNDS 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 3 MAC & CHEESE = 1 POUND (LIMITED TO 12) 1 EGG NOODLE = 1 POUND 1 CRACKER 1 WHOLE WHEAT TORTILLAS | TOTAL OF 20 POUNDS |
| FLOUR/WHOLE WHEAT FLOUR/ CORN MEAL /BLUE CORNMEAL/BAKERY MIX | 8 CHOICES |
| UHT 1% MILK/EVAPORATED MILK/NFD DRY MILK (EACH CAN/BOX OF MILK = ONE UNIT, DRY MILK IS 4 UNITS FOR EACH BAG) | 32 UNITS |
| SOUP | 12 CHOICES |
| BEANS: 1 BAG OF DRY BEANS = 2 POUNDS 1 CAN OF BEANS = 1 POUND | TOTAL OF 16 POUNDS |
| PEANUT BUTTER/PEANUTS /TRAIL MIX | 4 CHOICES |
| VEGETABLE OIL/1 BUTTER/3 BUTTERY SPREAD | 2 CHOICES |
| FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND | TOTAL OF 92 POUNDS 20-40 POUNDS CAN BE FRUIT 52-72 POUNDS CAN BE VEGETABLES |
| FRESH EGGS | 4 DOZEN |
| CHEESE | 2 CHOICES |
| 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 12 CHOICES |

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