

FAMILY SIZE OF NINE

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| CEREAL | 9 CHOICES |
| OATMEAL/FARINA | 9 CHOICES |
| JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT) | 18 CHOICES |
| PASTA: 1 RICE = 2 POUNDS 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 3 MAC & CHEESE = 1 POUND (LIMITED TO 27) 1 EGG NOODLE = 1 POUND 1 CRACKER 1 WHOLE WHEAT TORTILLA | TOTAL OF 45 POUNDS |
| FLOUR/WHOLE WHEAT FLOUR/ CORN MEAL /BLUE CORNMEAL/BAKERY MIX | 18 CHOICES |
| UHT 1% MILK/EVAPORATED MILK/NFD DRY MILK (EACH CAN/BOX OF MILK IS ONE UNIT, DRY MILK IS 4 UNITS FOR EACH BAG) | 72 UNITS |
| SOUP | 27 CHOICES |
| BEANS: 1 BAG OF DRY BEANS = 2 POUNDS 1 CAN OF BEANS = 1 POUND | TOTAL OF 36 POUNDS |
| PEANUT BUTTER/PEANUTS /TRAIL MIX | 9 CHOICES |
| VEGETABLE OIL/1 BUTTER/3 BUTTERY SPREAD | 5 CHOICES |
| FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND | TOTAL OF 207 POUNDS 45-90 POUNDS CAN BE FRUIT 117-162 POUNDS CAN BE VEGETABLES |
| FRESH EGGS | 9 DOZEN |
| CHEESE | 5 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 27 CHOICES |

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