

FAMILY SIZE OF FIVE

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| CEREAL (DRY/HOT) | 10 CHOICES |
| JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT) | 10 CHOICES |
| PASTA: 1 CRACKERS = 1 CHOICE 1 TORTILLA = 1 CHOICE 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 (LIMITED TO 15) | TOTAL OF 25 POUNDS |
| FLOUR/WHOLE WHEAT FLOUR/ CORNMEAL/BLUE CORNMEAL/BAKERY MIX | 10 CHOICES |
| UHT 1% MILK/EVAPORATED MILK/NFD DRY MILK EACH CAN/BOX OF MILK = 1 UNIT DRY MILK = 4 UNITS | 40 UNITS |
| SOUP | 15 CHOICES |
| BEANS: 1 BAG OF DRY BEANS = 1 POUND 1 CAN OF BEANS = 1 POUND | TOTAL OF 20 POUNDS |
| PEANUT BUTTER/PEANUTS/TRAIL MIX | 5 CHOICES |
| FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND | TOTAL OF 115 POUNDS 25-50 POUNDS CAN BE FRUIT 65-90 POUNDS CAN BE VEGETABLES |
| FRESH EGGS | 5 DOZEN |
| VEGETABLE OIL = 1 CHOICE 1 BUTTER = 1 CHOICE 3 BUTTERY SPREAD = 1 CHOICE | 3 CHOICES |
| CHEESE | 3 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 2 BISON = 1 CHOICE 1 CANNED BEEF = 1 CHOICE 2 CANNED CHICKEN = 1 CHOICE 2 TUNA = 1 CHOICE | TOTAL OF 15 CHOICES |

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