

## FAMILY SIZE OF THREE

<b>CEREAL (DRY/HOT)</b>	<b>6 CHOICES</b>
<b>PASTA/GRAINS/CRACKERS/TORTILLAS:</b> 3 MAC & CHEESE = 1 CHOICE <b>(LIMITED TO 9)</b>	<b>15 CHOICES</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 CHOICE 1 DRY MILK = 4 CHOICES	<b>24 CHOICES</b>
<b>SOUP</b>	<b>9 CHOICES</b>
<b>BEANS</b>	<b>12 CHOICES</b>
<b>PEANUT BUTTER/PEANUTS/TRAIL MIX</b>	<b>3 CHOICES</b>
<b>FRUITS &amp; VEGETABLES</b> FRESH, FROZEN OR CANNED EACH CAN = 1 POUND 1 JUICE= 5LBS MAX 30 POUNDS (6 BOTTLES)	<b>TOTAL OF 120 POUNDS</b> 60 POUNDS IN FRUIT AND JUICE 60 POUNDS IN VEGETABLES
<b>FRESH EGGS</b> POWDERED EGGS (2=1 CHOICE)	<b>6 CHOICES</b>
1 VEGETABLE OIL = 3 CHOICES 1 BUTTER = 3 CHOICES 1 BUTTERY SPREAD = 1 CHOICE 1 OLIVE OIL = 1 CHOICE	<b>6 CHOICES</b>
<b>CHEESE</b>	<b>2 CHOICES</b>
<b>MEATS:</b> 2 GROUND BISON = 1 CHOICE 2 BISON ROAST = 1 CHOICE 2 BISON PATTIES = 1 CHOICE 2 BISON FRANKS = 1 CHOICE 4 BISON RIBEYE = 1 CHOICE 4 BISON NY STRIP = 1 CHOICE 4 SIRLOIN TIPS = 1 CHOICE	<b>BISON LIMITED TO 6 OF YOUR 18 TOTAL MEAT CHOICES</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 1 CANNED BEEF = 1 CHOICE 2 CANNED CHICKEN = 1 CHOICE 2 TUNA = 1 CHOICE	<b>TOTAL OF 18 CHOICES</b>

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