

FAMILY SIZE OF ONE

CEREAL (DRY/HOT)	2 CHOICES
JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT)	2 CHOICES
PASTA/GRAINS: 1 CRACKER = 1 POUND 1 TORTILLA = 1 POUND 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 3)	TOTAL OF 5 POUNDS
FLOUR/WHOLE WHEAT FLOUR/ CORNMEAL/BLUE CORNMEAL/BAKERY MIX	2 CHOICES
UHT 1% MILK/EVAPORATED MILK/NFD DRY MILK EACH CAN/BOX OF MILK = 1 UNIT DRY MILK = 4 UNITS	8 UNITS
SOUP	3 CHOICES
BEANS: 1 BAG OF DRY BEANS = 1 POUND 1 CAN OF BEANS = 1 POUND	TOTAL OF 4 POUNDS
PEANUT BUTTER/PEANUTS/TRAIL MIX	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 POWDERED EGGS (2=1 CHOICE)	1 CHOICE
VEGETABLE OIL/1 BUTTER/2 BUTTERY SPREAD	1 CHOICE
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 2 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.**