

FAMILY SIZE OF ELEVEN

CEREAL	11 CHOICES
OATMEAL/FARINA	11 CHOICES
JUICE (1 JUICE CAN BE SUBSTITUED FOR 5 FRUIT)	22 CHOICES
PASTA: 1 RICE = 2 POUNDS 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 3 MAC & CHEESE = 1 POUND (LIMITED TO 33) 1 EGG NOODLE = 1 POUND 1 CRACKER 1 WHOLE WHEAT TORTILLAS	TOTAL OF 55 POUNDS
FLOUR/WHOLE WHEAT FLOUR/ CORN MEAL /BLUE CORNMEAL/BAKERY MIX	22 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)	88 UNITS
SOUP	33 CHOICES
BEANS: 1 BAG OF DRY BEANS = 2 POUNDS 1 CAN OF BEANS = 1 POUND	TOTAL OF 44 POUNDS
PEANUT BUTTER/PEANUTS /TRAIL MIX	11 CHOICES
VEGETABLE OIL/1 BUTTER/3 BUTTERY SPREAD	6 CHOICES
FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND	TOTAL OF 253 POUNDS 55-110 POUNDS CAN BE FRUIT 143-198 POUNDS CAN BE VEGETABLES
FRESH EGGS	11 DOZEN
CHEESE	6 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 33 CHOICES

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