

# FAMILY SIZE OF THREE

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| <b>CEREAL</b>                                                                                                                                                                                                                                                             | <b>3 CHOICES</b>                                                                         |
| <b>OATMEAL/FARINA</b>                                                                                                                                                                                                                                                     | <b>3 CHOICES</b>                                                                         |
| <b>JUICE</b><br><b>(1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT)</b>                                                                                                                                                                                                           | <b>6 CHOICES</b>                                                                         |
| <b>PASTA:</b><br>1 RICE = 2 POUNDS<br>1 SPAGHETTI = 1 POUND<br>1 ELBOW MACARONI = 1 POUND<br>3 MAC & CHEESE = 1 POUND <b>(LIMITED TO 9)</b><br>1 EGG NOODLE = 1 POUND<br>1 CRACKER<br>1 WHOLE WHEAT TORTILLAS                                                             | <b>TOTAL OF<br/>15 POUNDS</b>                                                            |
| <b>FLOUR/WHOLE WHEAT FLOUR/ CORN MEAL<br/>/BLUE CORNMEAL/BAKERY MIX</b>                                                                                                                                                                                                   | <b>6 CHOICES</b>                                                                         |
| <b>UHT 1% MILK/EVAPORATED MILK/NFD DRY<br/>MILK</b><br><b>(EACH CAN/BOX OF MILK= ONE UNIT,<br/>DRY MILK IS 4 UNITS FOR EACH BAG)</b>                                                                                                                                      | <b>24 UNITS</b>                                                                          |
| <b>SOUP</b>                                                                                                                                                                                                                                                               | <b>9 CHOICES</b>                                                                         |
| <b>BEANS:</b><br>1 BAG OF DRY BEANS = 2 POUNDS<br>1 CAN OF BEANS = 1 POUND                                                                                                                                                                                                | <b>TOTAL OF<br/>12 POUNDS</b>                                                            |
| <b>PEANUT BUTTER/PEANUTS /TRAIL MIX</b>                                                                                                                                                                                                                                   | <b>3 CHOICES</b>                                                                         |
| <b>VEGETABLE OIL/1 BUTTER/3 BUTTERY SPREAD</b>                                                                                                                                                                                                                            | <b>2 CHOICES</b>                                                                         |
| <b>FRUITS &amp; VEGETABLES<br/>FRESH OR CANNED</b><br><b>EACH CAN = 1 POUND</b>                                                                                                                                                                                           | <b>TOTAL OF 69 POUNDS</b><br>15-30 POUNDS CAN BE FRUIT<br>39-54 POUNDS CAN BE VEGETABLES |
| <b>FRESH EGGS</b>                                                                                                                                                                                                                                                         | <b>3 DOZEN</b>                                                                           |
| <b>CHEESE</b>                                                                                                                                                                                                                                                             | <b>2 CHOICES</b>                                                                         |
| <b>MEATS:</b><br>2 FROZEN GROUND BEEF = 1 CHOICE<br>1 WHOLE CHICKEN = 1 CHOICE<br>1 CHICKEN BREAST = 1 CHOICE<br>2 PORK CHOPS = 1 CHOICE<br>1 BEEF ROAST = 1 CHOICE<br>1 BISON = 1 CHOICE<br>1 CANNED BEEF = 1 CHOICE<br>2 CANNED CHICKEN = 1 CHOICE<br>2 TUNA = 1 CHOICE | <b>TOTAL OF<br/>9 CHOICES</b>                                                            |

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