

FAMILY SIZE OF SEVEN

CEREAL	7 CHOICES
OATMEAL/FARINA	7 CHOICES
JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT)	14 CHOICES
PASTA: 1 RICE = 2 POUNDS 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 3 MAC & CHEESE = 1 POUND (LIMITED TO 21) 1 EGG NOODLE = 1 POUND 1 CRACKER 1 WHOLE WHEAT TORTILLAS	TOTAL OF 35 POUNDS
FLOUR/WHOLE WHEAT FLOUR/ CORN MEAL /BLUE CORNMEAL/BAKERY MIX	14 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)	56 UNITS
SOUP	21 CHOICES
BEANS: 1 BAG OF DRY BEANS = 2 POUNDS 1 CAN OF BEANS = 1 POUND	TOTAL OF 28 POUNDS
PEANUT BUTTER/PEANUTS /TRAIL MIX	7 CHOICES
VEGETABLE OIL/1 BUTTER/3 BUTTERY SPREAD	4 CHOICES
FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND	TOTAL OF 161 POUNDS 35-70 POUNDS CAN BE FRUIT 91-126 POUNDS CAN BE VEGETABLES
FRESH EGGS	7 DOZEN
CHEESE	4 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 21 CHOICES

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