

FAMILY SIZE OF EIGHT

CEREAL	8 CHOICES
OATMEAL/FARINA	8 CHOICES
JUICE (1 JUICE CAN BE SUBSTITUTED FOR 5 FRUIT)	16 CHOICES
PASTA: 1 RICE = 2 POUNDS 1 SPAGHETTI = 1 POUND 1 ELBOW MACARONI = 1 POUND 3 MAC & CHEESE = 1 POUND (LIMITED TO 24) 1 EGG NOODLE = 1 POUND 1 CRACKER 1 WHOLE WHEAT TORTILLAS	TOTAL OF 40 POUNDS
FLOUR/WHOLE WHEAT FLOUR/ CORN MEAL /BLUE CORNMEAL/BAKERY MIX	16 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)	64 UNITS
SOUP	24 CHOICES
BEANS: 1 BAG OF DRY BEANS = 2 POUNDS 1 CAN OF BEANS = 1 POUND	TOTAL OF 32 POUNDS
PEANUT BUTTER/PEANUTS /TRAIL MIX	8 CHOICES
VEGETABLE OIL/1 BUTTER/3 BUTTERY SPREAD	4 CHOICES
FRUITS & VEGETABLES FRESH OR CANNED EACH CAN = 1 POUND	TOTAL OF 184 POUNDS 40-80 POUNDS CAN BE FRUIT 104-144 POUNDS CAN BE VEGETABLES
FRESH EGGS	8 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 24 CHOICES

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