

FAMILY SIZE OF ONE

CEREAL (DRY/HOT)	2 CHOICES
PASTA/GRAINS/CRACKERS/TORTILLAS: 3 MAC & CHEESE = 1 CHOICE (LIMITED TO 3)	5 CHOICES
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 CHOICE 1 DRY MILK = 4 CHOICES	8 CHOICES
SOUP	3 CHOICES
BEANS	4 CHOICES
PEANUT BUTTER/PEANUTS/TRAIL MIX	1 CHOICE
FRUITS & VEGETABLES FRESH, FROZEN OR CANNED EACH CAN = 1 POUND 1 JUICE=5LBS, MAX 10 POUNDS (2 BOTTLES)	TOTAL OF 40 POUNDS 20 POUNDS IN FRUIT AND JUICE 20 POUNDS IN VEGETABLES
FRESH EGGS POWDERED EGGS (2=1 CHOICE)	2 CHOICES
1 VEGETABLE OIL = 3 CHOICES 1 BUTTER = 3 CHOICES 1 BUTTERY SPREAD = 1 CHOICE 1 OLIVE OIL = 1 CHOICE	4 CHOICES
CHEESE (EVERY OTHER MONTH)	1 CHOICE
MEATS: 2 GROUND BISON = 1 CHOICE 2 BISON ROAST = 1 CHOICE 2 BISON PATTIES = 1 CHOICE 2 BISON FRANKS = 1 CHOICE 4 BISON RIBEYE = 1 CHOICE 4 NY STRIPS = 1 CHOICE 4 SIRLOIN TIPS = 1 CHOICE	BISON LIMITED TO 4 OF YOUR 6 TOTAL MEAT CHOICES
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 CANNED BEEF = 1 CHOICE 2 CANNED CHICKEN = 1 CHOICE 2 TUNA = 1 CHOICE	TOTAL OF 6 CHOICES

*BONUS ITEMS ARE AVAILABLE BASED ON YOUR FAMILY SIZE.