

Family of 4 - 6 Members

2 Breakfast & Bacon (if available)

Cereal

Pancake Mix & Syrup

Oatmeal

1 Jar Peanut Butter

1 Jar Jelly

4 Cans of soup (Two should be a large can)

2 Cans or 1 Bag of Beans

3 Lunches

Ravioli

Spaghettios

Beefaroni

Canned chili

1 Box of Mac & Cheese & 1 Can of Tuna or Spam

1 Pkg. of Noodle Side Dish & 1 Can of Tuna or Spam

3 Dinners

1 Boxed Complete Meal (includes meat in box)

1 Canned Ham & 1 Box or Pkg. Scalloped potatoes

1 Box Tuna Helper & 2 Cans of Tuna

1 Box Hamburger Helper & 1 Can of Beef

1 Pkg. Pasta & 1 Pasta Sauce & 1 Can of Tomatoes or Tomato sauce

1 Can of Chicken & 1 Rice Side Dish or 1 Stuffing Mix

1 Chinese Canned Meal & 1 Box or 1 Bag of Rice

1 Lg. Chicken Broth & 1 Pkg. Egg Noodles or 1 Box/Bag of Rice

1 Lg. Beef Broth & 1 Pkg. Egg Noodles or 1 Box /Bag of Rice

1 Lg. Can of Chicken & 1 Pkg. Egg Noodles & 1 Can of Cream Soup

4 Fruit Items

6 Vegetable Items

1 Bottle of Juice

2 Sleeve of Crackers

5 Granola Bars or Cereal Bars