

Amount of Food per Family Size

3 in family

6 canned vegetables	1 18 oz. peanut butter
3 large tomato/spaghetti sauce	1 boxed dinner/potato
5 canned fruit	1 canned dinner
2 beans	2 tuna or canned meat
1 juice	2 lb. frozen meat
3 canned or dry soup	If available:
2 mac and cheese	Milk – 2 quarts
1 pasta	Eggs –1/2 dozen
1 rice	Fresh produce
1 cereal	Bread
1 cracker – small box or 3 sleeves	Cheese
1 snack	