

Amount of Food per Family Size

4 in family

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