

Amount of Food per Family Size

1 in family

3 canned vegetables

1 tomato/spaghetti sauce

2 canned fruit

1 bean

1 juice

2 canned or dry soup

2 mac and cheese

1 pasta OR rice

1 cereal

1 cracker – small box or sleeve

1 snack

1 small peanut butter

0 boxed dinner

1 canned dinner

1 tuna or canned meat

1 lb. pkgs. frozen meat

If available:

Milk – 1 quart

Eggs – half dozen

Fresh produce

Bread

Cheese