

## Amount of Food per Family Size

### 2 in family

5 canned vegetables

1 small peanut butter

2 tomato/spaghetti sauce

1 boxed dinner/potato

4 canned fruit

1 canned dinner

2 beans

1 tuna or canned meat

1 juice

2 lbs frozen meat

2 canned or dry soup

**If available:**

2 mac and cheese

Milk – 1 quart

Eggs – 1/2 dozen

1 pasta OR 1 rice

Fresh produce

Bread

1 cereal

Cheese

1 cracker – small box or 2 sleeves

1 snack