

Amount of Food per Family Size

5 in family

9 canned vegetables	2 18 oz. peanut butter
4 large tomato/spaghetti sauce	2 boxed dinner/potato
7 canned fruit	1 canned dinner
4 beans	4 tuna or canned meat
2 juice	3 pkgs. frozen meat
4 canned or dry soup	If available:
3 mac and cheese	Milk – 3 quarts
2 pasta	Eggs –1 dozen
1 rice	Fresh produce
2 cereal	Bread
1 cracker	Cheese
2 snack	