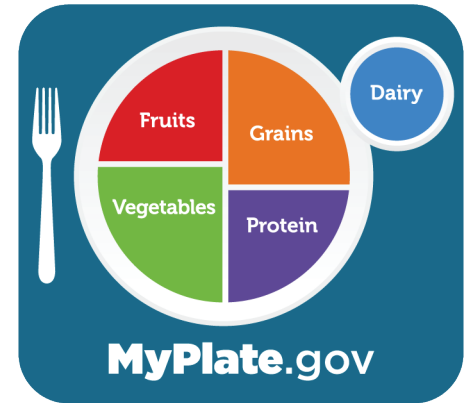


# BASIC FOOD BOX GUIDELINE

A guide for food supplies for 3-5 days. We are suggesting the amounts shown; give more when possible. Please be as generous as supplies allow. A little extra can make a big difference.



PERSONS	1-2	3-4	5-6	7-8
<b>VEGETABLES</b> Fresh/Frozen/Can	3-6	8-11	11-13	14-15
<b>FRUIT</b> Fresh/Frozen/Can	2-5	6-7	9-11	12-14
<b>PROTEIN FOODS</b> - Meats Chicken, Turkey, Fish, Beef, Pork	2-4	3-4	3-4	5-6
<b>PROTEIN FOODS</b> - Plant based Beans (can/dry), Peanut Butter, Tofu,	2	3	3	4
<b>CANNED OR PREPARED MEALS</b> Stew, Chili, Pork&Beans, Spaghetti Sauce & Pasta	1-2	2-3	3-4	4-5
<b>EGGS</b>	½ doz	½ doz	1 doz	1 doz
<b>GRAINS</b> - Rice, Noodles, Pasta	2	2-3	3-4	4
<b>GRAINS</b> - Bread, Tortillas, Flour, Baking/Pancake mix	1-2	1-2	1-2	2-3
<b>GRAINS</b> - Cold Cereal or Oatmeal	1	1-2	2	3
<b>DAIRY</b> - Yogurt, Cheese, Fresh Milk, Cottage Cheese	2-3	2-3	2-4	3-4
<b>MILK</b> - Shelf Stable or Alternate	1	1	1-2	1-2
<b>VEGETABLE OIL</b>	1	1	1	1
<b>JUICE</b> (32-46 oz)	1	1-2	2-3	3
<b>OTHER</b> as available: Mac & Cheese, Skillet or box/pkg meals, soup, tea, coffee, salsa, ketchup, margarine, dessert, cookies, snacks, chips, crackers, mayo, olives, processed meats				



**Combine items within categories to reach suggested unit numbers.**

- Unit in columns is usually the common size encountered in pantries: 2# USDA beans/ rice, 5# flour, 29oz USDA pork, 1# USDA frozen pork, etc.
- For Fruit, one pound fresh fruit is one unit and one 15oz can is one unit.
- For fresh veg, one pound is one unit. A 2# pkg frozen veg is 2 units. For canned vegetables, one 15/16oz can is one unit.