

Basic Food Box Guideline 1

Below is a guideline for about 3-4 days. There are no official limits on the amount of USDA or donated food in a food box. However, we suggest no less than the amounts shown. Please be as generous as your supplies allow. A little extra can make a big difference.

FOOD CATEGORIES

FAMILY SIZE

Persons	1	2	3	4	5	6	7	8
VEGETABLES Can/Frozen/Fresh	3-5	3-5	4-6	5-7	6-8	7-9	8-10	9-11
FRUIT Canned/Frozen/Fresh/Dried	2-3	3-5	4-6	4-6	5-7	5-7	6-9	6-9
GRAINS Rice/Noodles/Tortillas/Flour	2-4	2-4	3-4	4-5	4-5	5-6	5-6	6-7
CEREAL Cold/Oatmeal/Pancake Mix	1	1	1-2	2	2-3	3	3-4	4
MEAT/FISH Tuna/ Hamburger/Chicken	2	3-4	3-4	3-4	3-4	3-4	5-6	5-6
NON MEAT PROTEIN Peanut butter/Beans	2	2	3	3	3	4	4	4
DAIRY Yogurt/Cottage Cheese/Milk/Cheese	2-3	2-3	2-3	2-3	2-3	3-4	3-4	3-4
SOUP/BOX MEALS "Helper" mixes/ ect.	4	4-5	4-5	6-7	6-7	7-8	8-9	9-10
PREPARED MEALS Stew/Chili/Spaghetti Sauce w/Pasta	1-2	1-2	2-3	2-3	2-3	3-4	3-4	4-5
EGGS	½ doz.	½ - 1 doz.	1 doz.	1 doz.	1-2 doz.	2 doz.	2 doz.	2 doz.
VEGETABLE OIL/ CONDIMENTS	1	1	1	1	1-2	2	2	3
SWEETS and OTHER <small>as available: margarine, coffee, tea, dessert, cookies, snacks, chips, soda, mayo, olives, salsa, catsup, bread, crackers.</small>	Use best judgment based on what you have available.							

Basic Food Box Guideline 2

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	Family of 1	Family of 2-3	Family of 4-5	Family of 6-7	Family of 8+
VEGETABLES	4	6	8	10	11
FRUITS	4	6	8	10	11
GRAINS (cereal, pasta, rice)	5	6	7	9	10
PROTEIN (meat & non meat)	4	6	7	9	10
DAIRY	2	3	4	5	6+
SOUP / BOX MEALS	4	7	10	13	16
EGGS	½ doz.	1 doz.	1 doz.	2 doz.	2 doz.
FATS & OILS	1	1	2	2	3
SWEETS	1	1	2	2	3

Use best judgment based on what you have available.