

# Small Family (1 person)

Modified: 6/10/10

## Emergency Food Services Food Pantry List

Food for 1 person should be placed into 1 paper grocery sack and labeled 1A. Double the sacks for extra strength.

**Note: If the exact container size cannot be found, use a size that is fairly close (i.e. use a 16 oz or 14 oz can when you cannot find a 15 oz can)**

**Meats: Choose only three of the following, must use tuna**

Tuna	1 6 oz can
Potted Meat	2 3 oz cans
Salmon	1 6-10 oz can
Chicken	1 6 oz can

**Other: Include all of the following**

Canned Pasta Meal	1 15 oz can
Soup (use ones not easily matched)	1 can of 3 kinds (3 cans)
Fruit	1 can of 3 kinds (3 cans)
Beverage	3 single servings
Veggies	7 cans (3 cans need to be green beans)
Other Beans	1 can
Cereal	one small box of cereal
Crackers	2 packages not the whole box
Tomato sauce, paste or tomatoes	1 can
Dry Soup (Ramen, etc)	1 package
Dessert	3 individual servings
Bread (Muffins/Cornbread)	1 small box
Pudding/Jello	1 package
Peanut Butter	1 small jar
Macaroni & Cheese	3 single servings when available                      or 1 box
Dry Pasta	1 package
Popcorn (if available)	1 individual package
"Extras"	From the extra shelves
Nutritional/recipes sheets	if available

**Non-food: Include the following**

Soap	1 small or 2 tiny bars
Toilet Paper	1 roll
Travel size shampoo, conditioner, lotion	1 each, if available