

Medium Sized Family (4 persons)

Modified: 6/10/10

Emergency Food Services Food Pantry List

Food for 4 persons should be placed into 3 paper grocery sacks and labeled 4A, 4B, & 4C. 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	3 6 oz cans same kind
Pork	1 24 oz can
Beef	1 24 oz can
Chili	2 15 oz cans
Spam, Mackerel or Salmon	2 12 or 15 oz cans

Other: Include all of the following

Canned Pasta meal	2 15 oz cans or equivalent
2 Pasta or rice side	
"Helper Meal" (Hamburger, Tuna)	1 Box
Soup	2 cans of 3 kinds (6 cans)
Broth	1 can
Fruit	7 cans total (please remember large cans or applesauce counts as two cans)
Beverage/Juice	46 oz. can when available and 12 servings dry beverage
Veggies	3 cans of 3 kinds (9 cans) plus 3 cans of green beans
Other Beans	2 cans
Dry Beans	Same size package as rice
Cereal	12 servings minimum
Crackers	1 small box or 3 individual packs
Potatoes or Stuffing	1 box/package
Dry Soup (Ramen, etc)	2 packages
Dessert	12 servings
Spaghetti Sauce	1 jar
Canned Tomatoes/Sauce/Pasta	2 cans
Rice	1 pound
Bread (Muffins/Cornbread)	2 small boxes
Pancake Mix	1 box
Pudding/Jello	2 packages
Peanut Butter	2 small jar
Macaroni & Cheese	2 boxes
Jelly/Syrup	1 jar or bottle
Dry Pasta	2 lbs.
Oil, Flour or Sugar	1 container only
"Extras"	From the extra shelves
Nutritional/recipes sheets	if available

Non-food: Include the following

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