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| Bags | 1-2 Individuals  | 3-4 Individuals |
| **Dry** | One bag of tortillasOne box of CerealOne bag of rice1 small bag of 3 potatoesOne bag of Beans/Lentils3 Onions | One bag of tortillasOne box of OatmealOne box of CerealOne Bag of 6 Potatoes2 boxes of pasta1 bag of rice2 cans of spaghetti sauce/ tomatoesOne bag of nuts1 Bottle of Orange Juice3 Onions**MILK CARD envelope stapled to bags** |
| **Fridged** | 1 block of cheese6 eggs1 head of lettuce1 bag of carrots1 box of Blueberries1 bag of oranges4 red peppers | One Dozen Eggs3 Beets1 bag of carrots1 Bag of Oranges1 bag of Apples1 head of lettuce1 bunch collard greens1 box of blueberries5 red peppers |
| **Frozen** | 1 bag frozen veggies1 box of shrimp1 Choice of meat | 2 bags of Frozen veggies2 boxes of shrimp2 Choices of Meat |
| +Few packs of Honey **+1 oil or butter/family** **+1 Broth or Snack or Sugar/family** |  |
|  |  |
| Families of 5: bag for 3/ 4 + one more choice of meat+3 more onions + 3 more beets + 1 melon + 6 more potatoes + one box of crackers +one more bag of rice |
| Families of 6-7 : one bag 3/4 +one bag 1/2 (block of cheese instead of the string cheese) |
| Families of 8-9 : 2 3/4 bags |  |