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| Bags | 1-2 Individuals | 3-4 Individuals | |
| **Dry** | One bag of tortillas One box of Cereal One bag of rice 1 small bag of 3 potatoes One bag of Beans/Lentils  3 Onions | One bag of tortillas One box of Oatmeal One box of Cereal One Bag of 6 Potatoes 2 boxes of pasta  1 bag of rice 2 cans of spaghetti sauce/ tomatoes  One bag of nuts 1 Bottle of Orange Juice  3 Onions  **MILK CARD envelope stapled to bags** | |
| **Fridged** | 1 block of cheese  6 eggs  1 head of lettuce  1 bag of carrots  1 box of Blueberries  1 bag of oranges  4 red peppers | One Dozen Eggs 3 Beets  1 bag of carrots  1 Bag of Oranges  1 bag of Apples  1 head of lettuce  1 bunch collard greens  1 box of blueberries  5 red peppers | |
| **Frozen** | 1 bag frozen veggies  1 box of shrimp  1 Choice of meat | 2 bags of Frozen veggies 2 boxes of shrimp  2 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 | | |  |