



# What's in a Food Box?

**Between 90-140 Pounds of Food  
Depending on Family Size**

## Protein

- One Pack of Beef
- Two Packs of Pork
- One Pack of Turkey
- Two Packs of Chicken
- One Pack of Hamburger
- One Pack of Breakfast Meat
- Two Cans of Tuna or Salmon

## Dry Foods

- One Pack of Rice
- One Pack of Macaroni
- One Pack of Spaghetti
- One Large Box of Cereal
- One Pack of Mac & Cheese
- One Jar of Peanut Butter
- One Pancake Mix or Frozen Waffle



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## Dairy Products

- One Dozen Eggs
- One Gallon of Milk
- One Pack of Butter
- One Block of Cheese
- One Container of Juice
- Yogurt (As Available)

## Fruits & Veggies

- One Pasta Sauce
- Two Cans of Corn
- Two Cans of Fruit
- Four Cans of Soup
- Three Cans of Chili
- Two Cans of Green Beans
- Two Cans of Other Veggies
- Four Cans of Diced Tomatoes