

**Suggested Food List for Food Insecure Families
For a family of 4**

QUANTITY	ITEM
3 boxes	Pasta
5 lbs	Rice
6 cans	Can Beans or
2 lbs	Dry Beans
3 jars	Pasta Sauce
5 boxes	Mac and Cheese
6 cans	Soup
4 cans	Tuna Fish
2 medium boxes	Cereal
7 cans	Canned Fruit and Vegetables
4 boxes	Crackers/cookies
1 jar	<i>Optional:</i> Peanut butter
<i>Other foods you think appropriate</i>	