

## Manna – Family of Three

<b>ITEM</b>	<b>AMOUNT</b>
Fruit	2 Cans
Soup	2 Cans
Vegetables	3 Cans
Beans or Dried Beans	4 Cans or 2 Bag
Canned Meat	2 Large or 4 Small Cans
Spaghetti Sauce	1 Jar
Peanut Butter & Jelly	1 Jar each
Rice	1 bag or 1 box
Pasta	2 Box
Mac & Cheese	2 Boxes
Boxed Meals	1 Lrg or 4 Small Box
Cereal	1 Box
Oatmeal & Grits	1 Box or 4 sm packages
Condiments	1
Hispanic Items	3
Snacks	10
Juice	10
Personal Products	2-3
Misc	2-3
Bread	1 loaf